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BAUTISTA**

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HITS THE GYM**

**P.24**

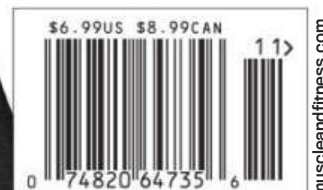
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**NOVEMBER 2015**  
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**NEW!**

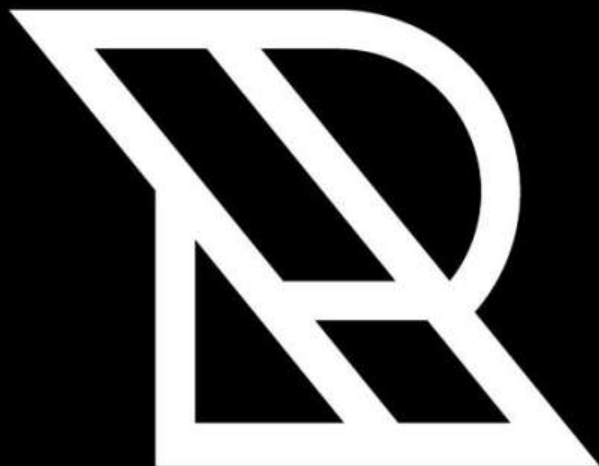
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Ionamin® was shown to elevate metabolism over 22% in 45 minutes & when compared against placebo at 3 hrs post ingestion, Ionamin® was 66% stronger than 30mg Ephedrine and 152% stronger than 10mg Ephedrine - and 871% stronger than the placebo at its highest point. †

**Ionamin® is quickly becoming one of the top selling diet aids in the country for one reason... it works!**

Ionamin® is based upon Proprietary, Clinically-Studied, Phenylethylamine Alkaloids derived called [Thermo-Rx®]. The findings from Hi-Tech's randomized, double-blind, placebo controlled study showed convincingly that Ionamin® - standardized to Phenylethylamine alkaloids - promotes significant increases in Resting Energy Expenditure [Metabolism] [16.6%+] still evident 3 hrs post ingestion. The clinical study on Ionamin® showed an astounding increase in resting metabolic rate that was superior to the findings of previous studies which reported that 10 to 30mg Ephedrine - once believed to be the Gold Standard of Weight Loss compounds - increased energy expenditure by 6.6% to 10% [Versus 16.6%+ Ionamin®], which is 66% stronger than 30mg Ephedrine and 152% stronger than 10mg Ephedrine.

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A 2-Scoop Serving Provides:

**20G**  
PROTEIN

**120MG**  
CAFFEINE FROM  
NATURAL SOURCES  
Green Tea Extract  
Vitamins B6 & B12  
Antioxidant Vitamin E

**100**  
CALORIES







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PROTEIN ISOLATE. FOR ENERGY TO  
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WE'RE ALL MORE THAN MUSCLE



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NATURALLY AND ARTIFICIALLY FLAVORED  
**CREAMY VANILLA**

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Abs season is long gone, so we polled our most trusted experts to build the ultimate mass-building program.

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Whether you aspire to emulate the lithe and lean bodies of the physique division or the monstrous muscle of the open class, we've got the workouts of the winners.

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## ON THE COVER

Dave Bautista

Photograph by Per Bernal





**NEW!**

**Introducing Results Nutrition Co.™**

We create a line of sports nutrition products that use the maximum amount of scientifically proven, effective branded ingredients.\*

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It means we offer new, cutting-edge products that produce awesome results. Add superior supplements to your regimen, and **PREPARE FOR AWESOME™\***

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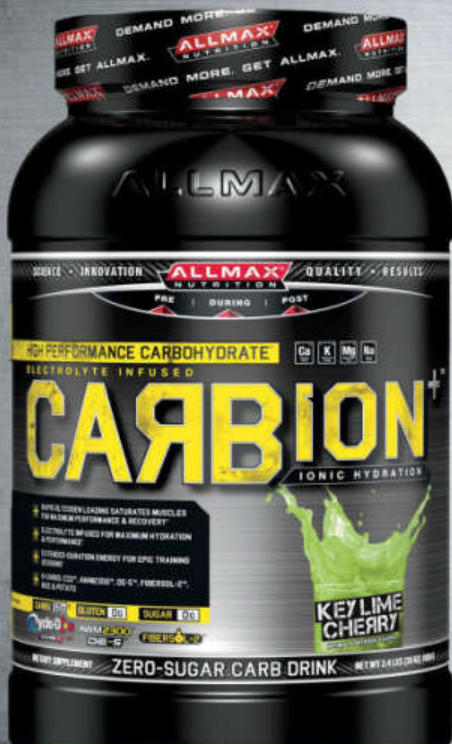


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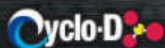
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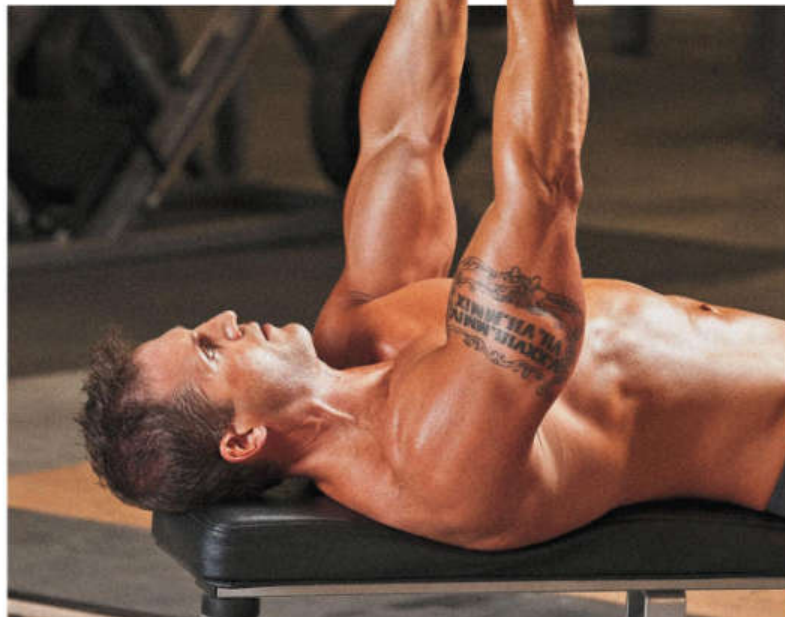
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### AUTUMN EATS

Save comfort food for holidays. In the meantime, load your plate with the healthiest foods the season has to offer. */fallfoods*

### COLLEGE MUSCLE

The tips, workouts, and supplements to ensure the only pounds you gain in school are muscle. */collegemuscle*

### SOCIAL MEDIA



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Of course, we tweet, too. Check out our daily updates by following us: [@muscle\\_fitness](https://twitter.com/muscle_fitness)

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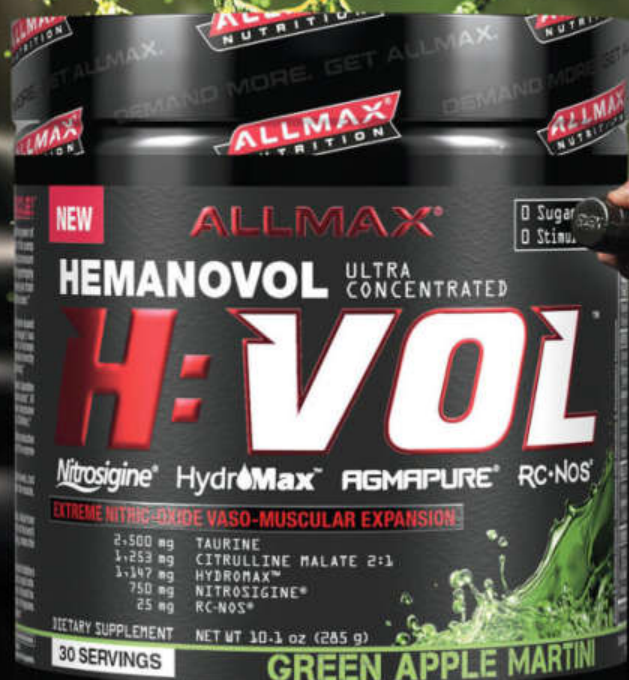


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IFBB PHYSIQUE PRO



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H:VOL FOR THE  
BEST RESULTS!

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# HOT LIST

## WHAT YOU NEED TO KNOW THIS MONTH

### PLAY

#### **TOMB RAIDER AND MORE**

November, typically the hottest games month on the calendar, doesn't disappoint with *Call of Duty: Black Ops III*, *Fallout 4*, *Star Wars Battlefront*, and *Rise of the Tomb Raider* (pictured, available on Xbox One and Xbox 360) all dropping this month. Which to buy? More like which to buy first. No bad decisions to be made here.



### WATCH

#### **SPECTRE**

The 24th James Bond film pits 007 against the might of the sinister Spectre organization. Christoph Waltz plays the Spectre mastermind, while three-time *M&F* cover guy Dave Bautista provides the muscle—naturally. Opens Nov. 6



### EAT

#### **ORGANIC BEEF**

*Consumer Reports* tested more than 400 pounds of conventionally raised beef (using antibiotics and growth hormone) from around the country and found that it was twice as likely to contain drug-resistant "superbugs."



### WIN

#### **TERMINATOR GENISYS**

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### BESTIES

Arnold and Franco were partners in masonry and in the gym.



# Iron Brotherhood

Training partners make the best friends.

**Are you still friends with the body-builders you trained with decades ago?**

—SEAN O., VIA FACEBOOK

**A: WITHOUT A DOUBT.**

The friends I made along the way in bodybuilding are some of the best and longest-lasting relationships in my life. Frank Zane, Bill Grant, and Ed Corney always have carte blanche

when they set up their booths at my Arnold Sports Festival. And Franco Columbu, whom I trained with, did masonry work with, and starred in movies with, remains my closest friend of all—we still play chess together nearly every weekend.

Last July, paparazzi took some shots of Lou Ferrigno and me training in Gold's Gym together. We weren't there for a photo op—we were just two old buddies who wanted to get a workout in. This month, I'll help Lou celebrate his 64th birthday.

Most friendships aren't based on competition; they're formed over common interests. But bodybuilding friendships have both.

People who train together form bonds not unlike soldiers who are forced to share a foxhole. They help each other through adversity and share both triumphs and defeats. They push each other to be better and check each other's egos. If you're not satisfied with the friends in your life, find someone to go to the gym with. Maybe in another 40 years, they'll be taking pictures of the two of you still training together.

***Yours in Iron,***

*Arnold Schwarzenegger*  
**Arnold Schwarzenegger**



ON YOUR MARK

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BCAAs + ENERGY



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BCAAs

0g  
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**HYDRATION** is key. Stay ready for peak performance by replenishing electrolytes

**ENERGY** - the smart pathway to constructive energy and focus. No agitation from a pre-workout, no energy-drink crash, no fats or sugars from overloaded coffee, just a clean way to squeeze the most out of a tough morning, a brutal workday, or a grueling gym session

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\*Schoett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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## FROM THE CHAIRMAN

# Bright Future

With the success of the 2015 Olympia Weekend, the future of fitness looks brighter than ever.



**PACKED HOUSE**

Both the expo and Mr. Olympia contests were packed with fans.

**IN THIS ISSUE OF** *Muscle & Fitness* you'll find workouts from the big winners of Olympia weekend, which was staged this past September in Las Vegas. It represented a year of planning and work that resulted in an expo attended by more than 60,000 fitness enthusiasts and two nights of contests in bodybuilding, physique, fitness, figure, and bikini seen by an arena packed with more than 9,000 attendees and some two million online viewers. All of which is to say that, despite the prognostications of pundits, bodybuilding and fitness are continuing to grow in popularity as we move forward in the second decade of the 21st century.

In fact, I am so enthusiastic about the future that I am planning to expand our events roster to reach an even larger global audience. In 2016 we will be staging the first-ever Olympia Europe, to be held in Germany, which will provide countless European fans the chance to experience all the excitement of the Las Vegas Olympia weekend

right in their own backyard. In addition, we will host a massive fitness expo in Dallas in the coming year—the first of its kind, and the first in a long-term plan to continue expanding our reach, and by doing so, to bring even more people into the fitness fold.

At *M&F*, we have seen firsthand the effect our message has had on our dedicated readers. From the countless e-mails we receive, we know that our training and nutrition information is making a real difference in people's lives, and it's because of this that I'm even more determined to continue our mission of spreading the gospel of health and fitness.

Sincerely,



**David J. Pecker**  
Chairman, President,  
and Chief Executive Officer  
of American Media Inc.



# 1 THE ONE THAT STARTED IT ALL FIRST, BUT NEVER FINISHED

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**FROM THE EDITOR**



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**REUNION**

Shawn Perine wrote a FLEX cover story on Bautista 10 years ago.

# Quiet Strength

**DAVE BAUTISTA** proves that real power comes from within.

**"I DIDN'T KNOW** you'd be here," remarked Dave Bautista upon seeing me approach him at Powerhouse Gym in Tampa, FL. "You've come a long way since we first met." Of course, I could say the same thing about him.

Back in early 2005 I was a writer at FLEX magazine and had been assigned the April cover story on breakout WWE Superstar Batista. I remember two things about my first meeting with the 6'4" juggernaut at Angel City Fitness in Marina Del Rey, CA: one, his imposing presence, and two, the reserved demeanor it masked.

A decade later the story remains the same. With his black locks now shorn and sporting a few more tattoos, Dave Bautista is no less physically intimidating than he was that chilly January day in '05—maybe even more so—and just as introspective. As Dave patiently went through the paces of a long, hot day of shooting for this issue, as he cited his innate shyness and quoted Shakespeare, I thought about how he's not just the perfect

M&F cover guy but also how he's the perfect role model for a new generation of readers who are just discovering this magazine.

I'm proud to feature Dave Bautista on our November cover, as much for his commitment to the M&F lifestyle, as for his serving as a living example of the expression "quiet strength." At a time when so many compete for our attention by being ever louder and brasher, it's refreshing to find someone who has stepped into the spotlight by way of focus, hard work, and a truly winning personality. For all Dave's obvious physical fortitude, it's what lies beneath the surface that makes him a powerhouse.

Be sure to check out Sean Hyson's excellent story on Dave, along with amazing photos by Per Bernal, on page 24, and then get to the theater to see Dave as the latest, and quite possibly most villainous, James Bond baddie, Mr. Hinx, in *Spectre*, opening Nov. 6.

**More Power to You,**

**Shawn Perine**  
 Editor in Chief

PER BERNAL



# MUSCLE & FITNESS

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# A WHOLE OTHER “ANIMAL”

*Spectre* star **Dave Bautista** has triumphed in sports entertainment and mixed martial arts. Now he wants to pin Hollywood typecasting to the mat.







BY SEAN HYSON ///  
PHOTOGRAPHS BY PER BERNAL



**A PUNCHER'S CHANCE** After leaving WWE (below) Bautista transitioned to MMA—and still trains Muay Thai for fitness.



# AT 6'4" AND 265 POUNDS, DAVE BAUTISTA

seems like an unlikely choice to play Hamlet. The mural of tattoos down his barn-door-size back and the road map of veins running through his shoulders and arms suggest a dude who can bench-press more than four plates, win six world titles in WWE, and beat a man into submission inside a mixed-martial-arts cage. And, of course, Bautista has done all of the above. But if you think the man known to sports-entertainment fans as “the Animal” can’t put a beating on somebody and then entertain you with a sonnet, then you’re selling Bautista short.

Don’t do that again.





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**THE HINX JINX** Bautista plays henchman Mr. Hinx in *Spectre*.



**“ I STRUGGLED FOR YEARS BECAUSE I DIDN'T LEAVE WRESTLING TO GET STUCK IN THAT RUT OF THE CHEESY ACTION GUY. ”**

The villain of the new James Bond film, *Spectre*, now has movie stardom in his sights and a stage production of Shakespeare on his bucket list.

### An Unlikely Thespian

It's especially funny to think of Bautista's long-term ambition in contrast to his humble upbringing, which was as far from puffy shirts, frilly necklines, and Elizabethan English as one could get. Raised in a tough section of Washington, D.C., Bautista sought protection through weight training. He bulked up to 370 pounds and worked as a bouncer until, at age 30, he decided to take a shot at sports entertainment. Despite a successful run in WWE, Bautista was unhappy with the direction the business was headed (away from the "Attitude Era" to a more family-friendly product) and, in 2010, left to pursue acting.

"I did some work on a film for

a friend," he says, "and I realized what a horrible actor I was." The movie, *Wrong Side of Town*, was directed by one of Bautista's buddies, who thought he had the look to pull off the character of a Navy SEAL badass. "I was so embarrassed, but it made me want to do it again and do it better."

He hired an acting coach and hit the streets of Hollywood, eager to establish a full-time film career. "I had a lot of trouble when I started out acting because I'm very self-conscious and a naturally shy person. But [my coach] said, 'If you can do Shakespeare, you can do anything,' so we read scenes from *Measure for Measure* and *The Taming of the Shrew*. Stage acting in itself terrifies me, and Shakespeare's dialogue is so tricky. To me, doing it onstage would be the ultimate challenge."

The other challenge besides shyness, of course, was having the body of a mythic warrior, which

didn't automatically suit him to Shakespearean roles or anything else—except generic tough-guy and villain parts in B movies.

"There were a lot of roles that I turned down," Bautista says, "and I struggled for years because I didn't leave wrestling to get stuck in that rut of the cheesy action guy."

He made an earnest effort to shed some weight and look like a regular

guy, but no dice. "I refused to pick up a weight for years and dieted and did cardio. I starved myself down to 250," he says with a laugh. That's as low as he could get without being perpetually hungry and miserable. "I'm just a big person with big bones, and I've been lifting for 25 years. I'm just a gorilla!"

If his physique wasn't enough of a handicap, his résumé made mat-

ters worse. Although WWE fans know full well that pro wrestlers can dissolve into character, that kind of acting didn't carry any weight in the movie business. The fact that he had already earned a measure of fame through wrestling without having endured a formal education in theater only served to breed resentment against him.

"I had to convince people that I was serious about acting and not just a wrestler who wanted to be in movies and be famous and make a lot of money," he says. "I've always been a fan of films. I watch all types of films, all across the board."

While Bautista waited for a big break, he briefly pursued another ambition—and a chance to break the stereotype of being a "fake" fighter. In 2012, he competed in a professional MMA fight. After a slow start that found him eating several big punches, he managed to take his opponent down and rain down strikes from back mount to earn a stoppage before the end of the first round.

"I was so disappointed in my first fight that I really wanted a second one," he says. "But at this point in my life and career, that makes absolutely no sense. I was more disappointed in myself because I was so nervous. I just kind of froze up. As soon as the cage door closed, I thought, 'What the fuck am I doing here?'" Nevertheless, he earned street cred with fans and haters alike, proving that he didn't need a story line to win a fight.

### Guardian of His Galaxy

It took years before Bautista found an agent. "The one I have now turned me down three times," he says. "And the reason he finally accepted me as a client was because he liked me as a person. And the reason he liked me was because he represented a friend of mine, [mixed-martial-arts fighter] Cung

“

**I WAS SO DISAPPOINTED IN MY FIRST FIGHT THAT I WANTED A SECOND ONE...AS SOON AS THE CAGE DOOR CLOSED, I THOUGHT, 'WHAT THE FUCK AM I DOING?'**

”



**SPEED RACER** Seeking challenges outside the weight room, Bautista does less lifting these days. He has competed in a triathlon and has a purple belt in Brazilian jiu-jitsu.





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Le, and I got to know him through Le. He called me one day and said, 'I have an audition for you, and it's a real long shot,' and that was *Guardians*. He was representing me for literally a week before I went in for *Guardians*."

In case the reference is lost on you (and if it is, where have you been hiding?), *Guardians of the Galaxy* was the nuclear box office explosion of summer 2014, earning more than \$774 million and garnering Bautista high praise from critics. He credits landing the life-changing role of Drax to the casting director who believed in him and says he "clicked" with the director after the first audition.

"I sat jobless waiting for the phone to ring until *Guardians* came out," he says. "I think everybody expected me to be a certain way in it, and I was the opposite. That's when people started calling me." In contrast with most Marvel comic heroes who have come to the big screen, Bautista's Drax is genuinely funny, sensitive, and vulnerable, showcasing the actor's own self-effacing personality.

## Bautista vs. Bond

Bautista says the roles he's been offered since then are surprisingly varied and deep. Having shed the stigma of wrestler-turned-actor, he was confident he wouldn't have to play a thug again until he was offered a role in the latest installment of the James Bond series, *Spectre* (out Nov. 6).

"My agent called me and asked how I'd feel about being in a James Bond film, and my immediate reaction was, 'Fuck, yeah!' And he said, 'I figured, but I just wanted to double-check because it's a henchman role.' But I'm proud to say there are henchmen and then there are James Bond henchmen. The Bond ones are always iconic and memorable. And it's always more



fun to be the bad guy, to be honest."

Of his role as Mr. Hinx, Bautista says he's as deadly as any bad guy the series has ever produced but infused with Bautista's own brand of dry humor. "He doesn't take anything very seriously. He's kicking ass with a smile on his face. Nobody is a threat to him, so he doesn't follow any rules except his own. So what does he have to be pissed off about? Nothing. This is fun to him. He's playing a cat-and-mouse game and enjoying it."

Interestingly, when he first spoke with director Sam Mendes about the part, Mendes asked him to gain weight up to 270 pounds or more. No problem. "But when the costume designers came to fit me and I was about 270, they said, 'Please don't put any more weight on,'" he

says, laughing. They were going to have a hard enough time fitting him as it was. Consequently, Bautista did little weight training during filming, opting mainly for body-weight squats and pushups in his trailer and hotel room and boxing training when he could get to a gym. Bautista laughs at the question of whether he appears shirtless in the film, replying that Hinx is so well-dressed we'll never even see him suitless. But if you fear that Bautista has left his physicality behind in the ring, you'll be happy to know that there are enough high-voltage fight scenes in *Spectre* to rival anything he did at *WrestleManias* past.

"Daniel Craig punched me in the nose during a fight scene, and he thought he broke it. My nose



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**SCENE STEALER**  
Bautista provided muscle—and unexpected comic relief—as fan favorite Drax in *Guardians of the Galaxy*.

## BAUTISTA ON...

"The Animal" talks about his acting peers, his lunch box collection, and comparisons to The Rock.



### CHRISTOPH WALTZ

[who plays Bond's chief nemesis in *Spectre*]  
"He's probably the most interesting actor I've ever watched work. He's almost hypnotic. You get wrapped up in the way he's delivering lines. But he's on his own time. The director would call action, and Waltz might wait a few minutes before one word came out of his mouth. You're sitting there waiting for it, but nobody's going to argue because when he speaks it's brilliant."



### LUNCH BOXES

[Bautista collects vintage ones as a hobby.]  
"I got one three weeks ago, and it showed up crushed. It was a brand-new *Happy Days* lunch box from 1977. At least, it was new before the USPS got to it. I'm always adding to that collection. I recently got outbid for a 1954 Superman lunch box that ended up going for \$17,000."



### DWAYNE "THE ROCK" JOHNSON

"He was a movie star before he was a movie star. You really feel it when he walks into a room. I'll never be him. We're just two guys with bald heads and muscles. Everything he does is larger than life, and everything I do is much more subtle. I can slip into a room without anybody noticing me. I don't think I'll ever command that much attention or as much money as he does [laughs]."

was squirting blood everywhere, and I was like, 'No, man, it's all right.' We cleaned it up and kept shooting. Sam Mendes doesn't like to use doubles, so we did most of the stunts ourselves. It got very physical."

Perhaps best of all, Bautista says he had the respect of the cast and crew throughout the production (and not just because he could break them in half at will). Craig, who was familiar with Bautista from his work in *Guardians*, helped get him the part (at least that's what Bautista speculates), and he wasn't treated any differently from the movie veterans.

Upcoming films will also find Bautista, 46, acting alongside Robert De Niro, Bruce Willis, and Melissa McCarthy. He still hopes to return to WWE one day in the way Dwayne "The Rock" Johnson has done so sporadically, but Bautista has no immediate plans to rejoin it due to his packed filming schedule.

As for whether he is still too big for his britches—physique-wise—to be a leading man in movies, Bautista is far more concerned with doing good work in interesting roles than being No. 1 at the box office, and he vows to be true to himself above the needs of any director. He says that going the route of Christian Bale or 50 Cent and losing significant weight and muscle doesn't appeal to him.

"I don't know if I'm prepared or if it's even possible," he says. "I've gotten to where I was only eating protein and spinach all day and I was hungry all the time and I still couldn't really get myself to look like your average person. But I like training; I like being healthy. I don't want to be anorexic. If the role requires that, it's probably not the right role for me. I think resistance training will always be a part of my life. It's where I feel like I'm a fish back in water." **M&F**



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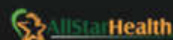
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## IRON MAIDEN

Meet Renaissance woman  
Silvia Rubeiro, p46.

## INSPIRATION

The bodybuilder who's been  
competing for five decades, p54.

# EDGE

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## The Biggest & Baddest

In honor of *Spectre*'s **DAVE BAUTISTA**, we've got the 10 best villains ever to muscle their way onto the big screen. **BY MATT TUTHILL**

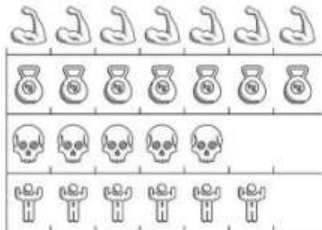
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### DRAGO

**DOLPH LUNDGREN**

MOVIE: *ROCKY IV*

Dolph took a handful of lines as a steroid-pumped Soviet boxer and turned it into a timeless performance—while his physique combined everything you could want.



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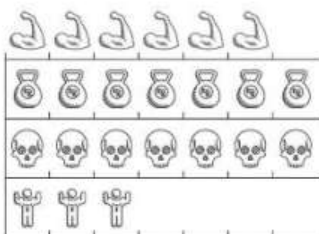
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## BANE

TOM HARDY

MOVIE: *THE DARK KNIGHT RISES*

Hardy clearly put in a lot of time with the iron to prepare for this role, and though he was a good bit smaller than Jeep Swenson's version of Bane in *Batman and Robin*, he made for a much better and scarier villain—even if you couldn't always understand everything he said. When Bane tunes up a past-his-prime Dark Knight to close the opening act of the film—then hoists Batman over his head to break his back—his size helps make the scene believable.



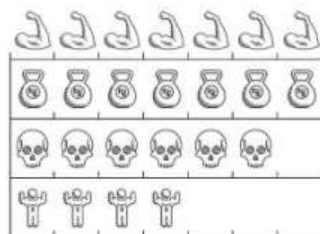
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## THE RUSSIAN

KEVIN NASH

MOVIE: *THE PUNISHER*

Nash's most memorable movie: 2004's *The Punisher* when he got one scene, no lines, and an insane fight that just about stole the movie.



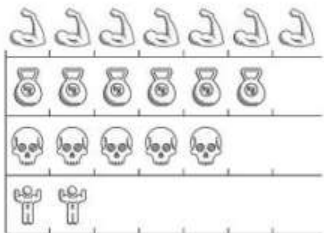
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## MARSELLUS WALLACE

VING RHAMES

MOVIE: *PULP FICTION*

When Bruce Willis' boxer doesn't take a dive for Marsellus Wallace, Ving Rhames' character becomes one of the scariest—and most massive—villains in movie history.



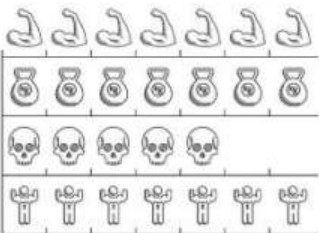
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## BRASS BODY

DAVE BAUTISTA

MOVIE: *THE MAN WITH THE IRON FISTS*

Bautista's *Spectre* villain might top Brass Body (we'll find out soon), but in this kung fu flick, he's memorable as a master who turns to brass whenever he's struck.



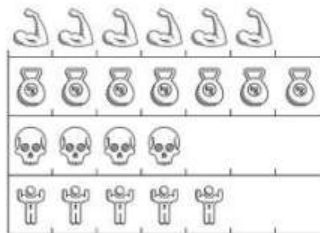
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## PAINE

STEVE AUSTIN

MOVIE: *THE EXPENDABLES*

When your character is named by a third grader (Paine?! Really?!), you'd better be tough enough to live it down. Luckily, Steve Austin is tough enough for just about anything.





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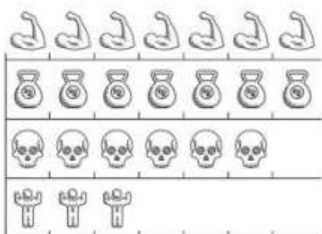
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## KINGPIN

**MICHAEL CLARKE DUNCAN**

MOVIE: *DAREDEVIL*

*Daredevil* gets more than its share of hate but not for its casting of Kingpin, wonderfully played by the late Michael Clarke Duncan who intimidated as much with his frame as he did with his baritone voice.



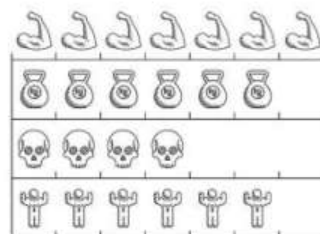
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## MR. FREEZE

**ARNOLD SCHWARZENEGGER**

MOVIE: *BATMAN & ROBIN*

Our executive editor always plays the hero, so it was “ice” to see him camp it up with a barrage of cold pun one-liners as Mr. Freeze—the only redeeming quality for what is easily the worst big-budget comic book movie ever made. Other actors in the film, including George Clooney, publicly lamented doing it, but Schwarzenegger, never one to take himself too seriously, keeps his Mr. Freeze costume on display in his home.



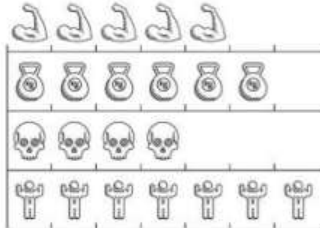
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## IVAN KRASCHINSKY

**JEAN-CLAUDE VAN DAMME**

MOVIE: *NO RETREAT, NO SURRENDER*

Before he broke it big in *Bloodsport* in 1988, JCVD was the big bad—and extremely ripped—final boss of this 1986 cult classic martial arts flick.



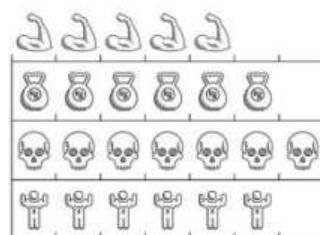
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## SIMON PHOENIX

**WESLEY SNIPES**

MOVIE: *DEMOLITION MAN*

When Snipes' murderous character is unfrozen in a future that can't handle him, he wreaks havoc on an entire city and has a blast while he does it. And with those arms, it's more like Wesley Pipes, amirite?



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# ‘Cross’ Fit

For motocross champ **RYAN DUNGEY**, fitness makes all the difference on the dirt.

**BY MARK BARROSO**

**IN THE WORLD** of motorcycle racing, Ryan Dungey has excelled in the dirt bike events motocross and supercross. The Red Bull KTM-sponsored athlete won both the 2015 American Motorcyclist Association (AMA) Monster Energy Supercross 450 and the AMA 450 Motocross titles. The key to Dungey's 2015 success was ditching his own routine and following the workout programming of motocross trainer Aldon Baker.

"I was worrying about what I needed to do and wondering if I was doing enough," says Dungey. "When I started training with Baker, I eliminated that doubt. Now when I'm on the start line, I believe I've done everything I possibly could."

Motocross refers to outdoor tracks with natural rolling hills formed into jumps. Each race is 35 minutes, run twice. Supercross events, on man-made indoor tracks, are about 20 minutes. Dirt biking requires both strength (particularly core) and endurance. During each motocross round, Dungey burns 800 to 900 calories, with his heart rate exceeding 180 bpm.

"In mud, you use more strength muscling the bike around, putting it where you want," Dungey says. "In drier dirt, tires get more grip. You can ride as hard as you want, which pushes your cardiovascular system."

Dungey's off-season training schedule includes cardio such as

cycling or running on weekends, followed by dirt bike riding on Monday, Tuesday, Thursday, and Friday. Gym workouts are on Monday, Wednesday, and Friday. "Workouts usually start with pullups, three sets of 10 to 15

reps," Dungey says. "My favorite exercises are dumbbell flies with a leg raise [raise weight and legs simultaneously], and dumbbell Bulgarian split squats with a press [press the weight as you squat]."

At speeds up to 80 miles per hour, motocross gives Dungey a fresh thrill every time.

"The adrenaline I feel now is the same as it was when I started riding."



**GRUNGY DUNGEY**  
Ryan Dungey training for the inaugural Red Bull Straight Rhythm in 2014.

GARTH MILAN/RED BULL CONTENT POOL

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**ON THE CUSP**

Conor McCullough will have to finish in the top three at the 2016 USA Track & Field Olympic Team Trials to qualify for the Olympic Games.

# The Road to Rio

USC hammer thrower **CONOR McCULLOUGH** is training to compete at the 2016 Olympics.

BY MARK BARROSO

**THE SON OF** an Irish Olympic hammer thrower, University of Southern California's Conor McCullough looks to follow in his father's footsteps. The 2015 NCAA outdoor hammer-throw champion will compete in the 2016 U.S. Olympic Team Trials next July with hopes of representing the U.S. in

Rio de Janeiro, Brazil. To prepare for elite competition, the Class of 2016 history major is doing a mix of sport-specific and barbell training.

"The Olympic lifts, back squats, front squats, and deadlifts are the core of my lifting cycles," McCullough says. "Throwers are focused on maximal power produc-

tion, so the speed of the bar is of utmost importance."

McCullough's regimen also includes plate twists and medicine ball throws. However, the most specific moves happen in the throwing circle.

"The standard competition hammer is 16 pounds; we use weights up to 25 and down to 11 to develop speed and strength," McCullough says. He threw farther than any American at the Track and Field World Championships but was about one meter off the Olympic qualifying distance of 78 meters. His last shot is at the trials.

"It'd be an honor to wear the U.S. flag on my chest at the Olympics," McCullough said. "It's long been my dream and would reassure me that the years of training are rewarded."

DAVID STLUKA

**#COLLEGEMUSCLE** If you're a fitness fanatic—and a college student—we want to hear from you! Whether it's workout tips, nutrition advice, awesome fitness hacks, time-management suggestions, or your experiences living the fit life on campus, *Muscle & Fitness* is providing an opportunity for you to share your knowledge. Head to [muscleandfitness.com/collegemuscle](http://muscleandfitness.com/collegemuscle) for details.



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# Triple Threat

She's a former dentist and pro volleyball player—besides being a stunningly hot cover model. Meet

**SILVIA RIBEIRO.**

**BY DELFINA URE**

**BEAUTY, BRAINS, AND** confidence—Brazilian triathlete and fitness model Silvia Ribeiro has it all. Her sexy curves and fierce athleticism have earned her international success, first as a volleyball player for the Brazilian national team, and now as a triathlete who has competed in two 70.3 Half Ironman races this year. She's hot, unstoppable, and not afraid to push the limits to reach the top of her game. Here's what else you need to know about her.





## SHE...

...had a career as a dentist in Brazil for two years before becoming a triathlete.

...got her big break at age 26 on a bus in Brazil when she was approached by a top modeling agent.

...ignored a modeling agent who told her to quit training so hard and lose muscle. It's her proudest moment.

...drinks lemonade and eats M&Ms at every cheat meal.

...says her idea of a "hot" guy is one with a lean body, broad shoulders, and strong back and legs.

...idolizes Nelson Mandela.

...lives by the motto "Life is like an echo—what you give is what you get."

...offers this advice to anyone in a competitive sport: "It's never too late to be the best you can be."



**FIND SILVIA** on Instagram:  
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## EDGE RETRO



# The Comeback That Wasn't

**LYLE ALZADO** covered our November 1990 issue for a return to football that never happened. **BY MATT TUTHILL**

**TWENTY-FIVE YEARS AGO** this month, we published a cover story on Lyle Alzado that was a tribute to the defiance of the aging athlete. At the time this was written, Alzado was 41 and attempting an NFL comeback after five years in retirement. The piece is riddled with cute turns of phrase including that Alzado, the legendary defensive end and Super Bowl champion, had returned to “sack” Father Time, and that the clock was a mere “punk” compared with his ferocity. When asked why he wanted to come back after five years, he answered, “I miss the violence. I miss the physical challenge of football.”

By the time this issue hit newsstands, the dream was already over. Alzado's comeback ended with a knee injury in training camp. Just two years later, at the age of 43, Alzado died of brain cancer. On his deathbed, he admitted to using anabolic steroids since 1969 and said he never stopped taking them throughout his career. He went so far as to directly implicate his steroid use as the cause of his cancer, though no direct link between steroids and cancer has ever been established—a point driven home in the 2008 steroid documentary *Bigger, Stronger, Faster\**. It was a sad end for a man whose competitive spirit and monstrous physique likely inspired many guys to take up weight training and play football. For nostalgia—and some good belly laughs—check out Alzado's *War with the Weights* exercise video on YouTube in which he trains with a pair of gallon milk jugs.

Regardless of the controversy surrounding his death, Alzado was a hero to many, and it's not hard to see why. “Nobody can ever measure the depth of your desire when you really want it bad enough,” he told M&F. “I visualize succeeding every day.”



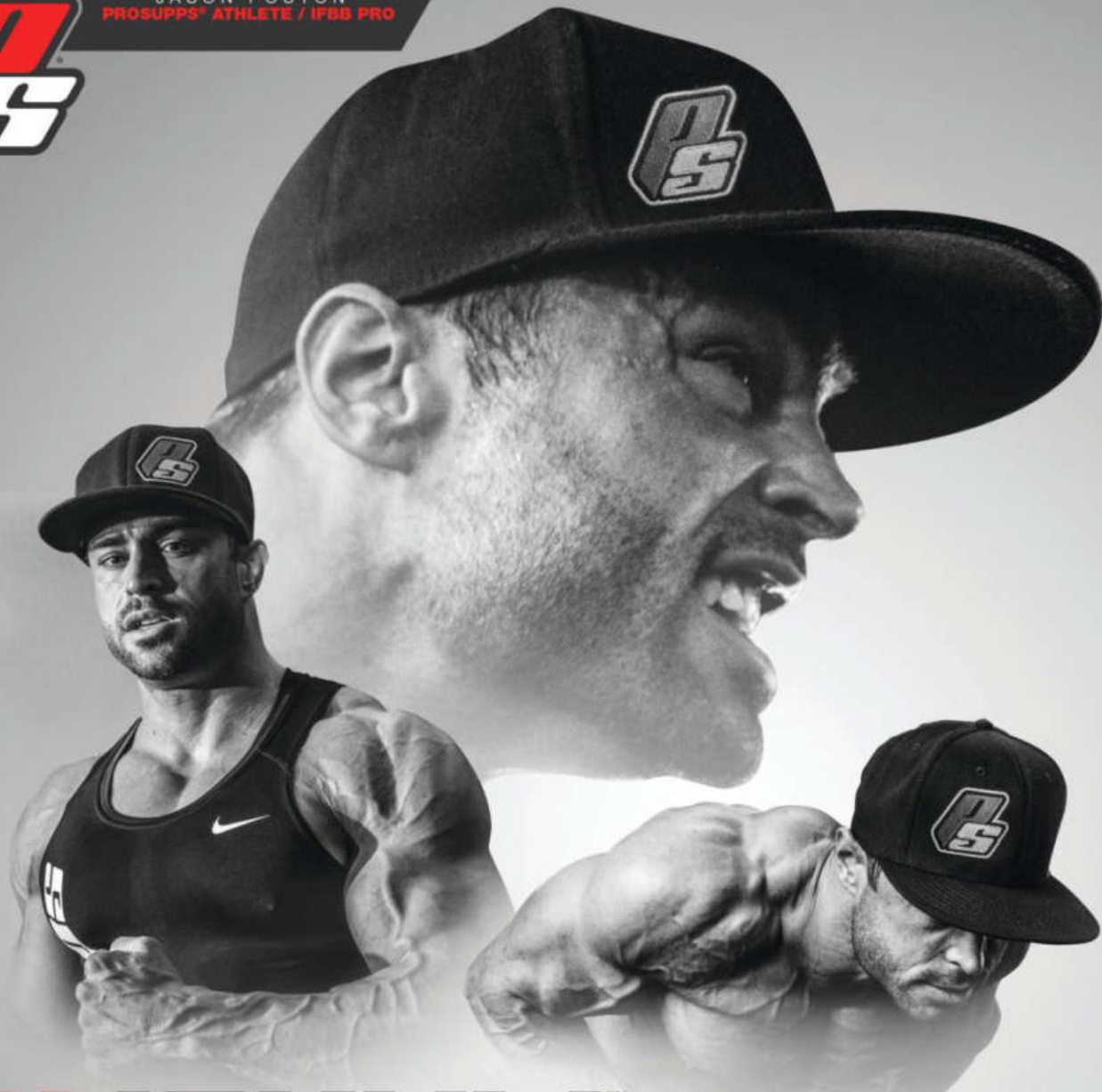
**SOVIET STRENGTH**  
In addition to our Alzado cover story, we sent a writer to Russia to learn the secrets of the Soviet strength coaches.







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# Delay the DOMS

Delayed onset muscle soreness, or DOMS, is a feeling lifters love to hate. Here's how to keep your stiff muscles in check.

BY VICTOR R. PRISK, M.D.

**IF ACHY QUADS**, thighs, or calves have left you limping a day or so after a marathon legs workout, you've experienced delayed onset muscle soreness, or DOMS. Sore, stiff, and weak muscles can affect the ability to repeat exercises in consecutive workouts, thereby forcing a rotating training schedule. Acute causes of DOMS are up for debate, but the answer is likely multifactorial and may involve the accumulation of lactic acid, inflammation, free radical damage, and connective tissue damage. However, since DOMS more commonly occurs after heavy eccentric or "negative" movements, it is thought that structural damage leads to the inflammation and pain.

Plan to overcome the DOMS of one training session before working the same muscle groups again. If severe, you may need to take a few days off to stretch, massage, ice, heat, and medicate your tender muscles. Stiff muscles restrict your joints' range of motion, causing neuromuscular function to become dysfunctional. This nerve-to-muscle miscommunication causes irregularity of otherwise familiar movements and can lead to injury.



## WHAT A PAIN

DOMS is not joint pain, numbness, tingling, or bruising; those symptoms may require a doctor's visit.

Periodized training that modulates training intensity, exercise types, and volume can help curb the performance detriment of DOMS. Nutritional approaches include:

1) Taking two to four grams of leucine from high-quality sources

like whey isolate from a complete protein post-workout to limit muscle damage and ignite protein synthesis.

2) Taking caffeine pre- and post-exercise to improve neuromuscular recovery.

3) Adopting a diet rich in omega-3 fatty acids from sources like fish oil, and eating more leafy greens. This can reduce inflammation and provide you with an influx of free-radical quenching antioxidants and nitric oxide-releasing nitrates.

**ALTHOUGH HEAVY ECCENTRIC TRAINING IS A GREAT WAY TO BUILD MUSCLE AND STRENGTH, IT SHOULDN'T BE THE FOUNDATION OF YOUR TRAINING.**



**Q** How long does it take to start losing muscle if you've stopped exercising due to injury?

—ANDREW M., BURLINGTON, VT

"Injury often puts a muscle to rest—and rest is bad for muscles," says William Roberts, M.D., a sports medicine physician with University of Minnesota Phalen Village Clinic in St. Paul, MN. Studies show that a person at bed rest can lose about 20% of his muscle strength and muscle mass in just one week. "The clinical example we often use is an athlete who is placed in a knee immobilizer on Friday night for an injury and then rechecked on Monday. The circumference of the quad above the knee will have shrunk considerably," says Roberts. Bottom line: If you can move your muscles without pain, do at least a few minutes of light exercise each day.

JOHN FEDELE/CORBIS

**Q** Is my heart-rate monitor accurately reading how many calories I'm burning?"

—JON M., OMAHA, NB

"It probably has a margin of error of about 15%," says John P. Higgins, M.D., associate professor of medicine at the University of Texas Medical School. According to Higgins, factors such as height, weight, and age help predict calories burned based on common algorithms, but your general fitness level, gender, genetics, exercise duration, and body-mass index also help determine calories burned, he adds. The most accurate models use both a chest strap and wrist monitor.

### EASY GO

Studies show that with just one week away from physical activity you can begin to lose significant muscle mass.

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# Life After Football

Two-time Super Bowl champ **DAVID DIEHL** has built a leaner and healthier body since leaving the game behind. **BY MATT THOMPSON**

## THERE'S AN OLD SAYING

that athletes die twice. The first death happens when their athletic careers end; the transition away from the playing field can be brutal because many athletes aren't ready for a second career—and unprepared for what will happen to their bodies away from competition.

Former New York Giants offensive lineman David Diehl has been able to tackle both of these problems in retirement. First, he had the foresight to begin training for a job in broadcasting back in 2007 when he was still playing. Today, Diehl works as an NFL game analyst for NFL on Fox and is a member of the New York Giants broadcast team.

"I always knew in the back of my mind that I was one snap away from ending my career from an injury," Diehl says. "I've witnessed it firsthand with other guys, and it's a real eye-opener. You realize that your playing career is so small in comparison with the rest of your life. You don't go into Sunday without

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**NEW LEASE** “I am as strong as ever but leaner and quicker,” Diehl says. “MHP’s Probiotic-SR, BCAA 10x Energy, Dark Matter Zero Carb, and Fit Trainer have been key to my fitness transformation.”



a game plan, and the rest of your life shouldn’t be any different.”

Diehl spent 11 seasons in the NFL, all with the Giants. The Chicago native was the cornerstone of a Giants offensive line that started 38 consecutive games together and helped produce two 1,000-yard rushers in the 2008 season, which has happened only six times in NFL history. By the time he retired after the 2013 season, the Pro Bowler and All-Pro had two Super Bowl rings.

“I had accomplished everything that I could have accomplished as a player,” Diehl says. “I tied Phil Simms for 12th on the franchise’s all-time list for games played. I was lucky enough to have walked away from the game with only two hand surgeries, a knee surgery, and no concussions. As a former fifth-round pick, I have a lot to be proud of.”

As for the fact that many former athletes see their bodies deteriorate, it’s a phenomenon that won’t touch Diehl. He continues to train like an animal in the gym. While he

still enjoys throwing some big weights around, his main focus now is to shed some of the 300 pounds that he carried as a player and train functional movements.

“The gym is my therapy,” the 35-year-old says. “I wanted to alleviate some of the pains from playing in the NFL by losing weight.

And as a father of an 8-year-old daughter, I want to be in the best shape of my life so I can be around for her. You have only one body, and if you want it to be strong and fit you have to work at it every day. That was my philosophy for my entire football career, and it’s what guides me today.”

## DAVID DIEHL'S UPPER-BODY WORKOUT

Diehl performs the following workout once per week.

EXERCISE	SETS	REPS		
<b>Single-arm Floor Press</b>	3	12	<b>Lateral Raise</b>	2 10
<b>Pushup</b>	*	100	<b>Plate Raise</b>	2 10
<b>SUPERSET WITH</b>			<b>DB Shrug</b>	2 20
<b>Inverted Row</b>	*	100	<b>Hammer Curl</b>	2 10
<b>Underhand Barbell Row</b>	2	10	<b>Triceps Kickback</b>	2 15

\*As many sets as needed.



# Journeyman Bodybuilder

After 50 years of competing, **ARTHUR PEACOCK** is still getting it done. **BY DELFINA URE**

**ARTHUR PEACOCK** entered his first bodybuilding contest in 1965, and in 2015 he won what will be his last. At 80 years of age, Peacock recently won the NPC Masters National Bodybuilding Championship Over-70 category and placed 4th in the Over-60 light-heavyweight category. Even more astounding than his win at an age when most are content to watch clouds roll by, Peacock managed his twin feats just weeks after major heart surgery.

Over the course of his 50-year competitive career, Peacock took the stage in more than 100 shows, winning 57 titles. He can also claim to have trained in Venice, CA, alongside Arnold Schwarzenegger and Franco Columbu, back when they were competing. But now, after winning a national title and earning a coveted IFBB pro card, Peacock feels he can finally enjoy some hard-earned rest and settle into competitive retirement.

A half century ago, though, Peacock was an original member of Joe Gold's eponymous gym when it opened in 1965. "I have an original tank top," he says, recalling the days when bodybuilding was still a hobby for him. Four years later, however, he began to take the sport more seriously, and in doing so won the first competition he entered. Two years later, Peacock competed in the Masters National Championships for the first time, where he finished in the runner-up

## OUT WITH A BANG

Peacock suffered a heart attack this year, but rallied to get back onstage one last time.



spot behind the legendary Ken Waller. According to Peacock, it was his lack of a U.S. citizenship as much as any individual competitor that stood between him and a title. Because he wasn't a citizen he was unable to go pro. "I couldn't go any higher because I wasn't a naturalized American," Peacock says.

"When I became a U.S. citizen in 1995 and was able to enter the competition circuit again, I won the Masters Mr. America contest three times and Mr. California five times," Peacock adds. He went on to win titles in the '60s, '70s, '80s, and '90s. In spite of all the success he experienced as a younger man, Peacock's proudest moment came from taking home the title at the Masters this past year, a victory that he believes defines his career.

"After competing for 50 years, winning this title is just the ulti-



**POSEDOWN**  
Peacock, right,  
poses alongside  
Schwarzenegger.

mate," Peacock says. After all these years, Art Peacock is a pro. "Now I'm an IFBB professional, which means I can't do any more amateur shows," Peacock says, with a healthy dose of pride.

His days of donning posing trunks

may now be at an end, but Peacock's passion for bodybuilding has never been stronger. Much like his old friend Arnold famously said at the end of the film *Pumping Iron*, he's only stopping competing, but he's not stopping bodybuilding.

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# The Big Show

WWE's reigning giant talks life after wrestling, offers advice to future Superstars, and discusses his role in the action flick *Vendetta*.

BY ZACK ZEIGLER

**Are you looking to turn acting into a full-time gig?**

My wrestling career is winding down, and I want to find other ways to be entertaining. Movies and TV are a logical evolution.

***Vendetta* looks like a dark turn for you.**

It's my darkest role so far. *Knucklehead* [2010] was your fun-loving childlike giant that had a heart of gold; in *Vendetta* I'm playing a guy with no heart. It was a transition that allowed me to show [acting] range.

**If a guy wants to make a name in wrestling, what advice do you give him?**

Get the audience emotionally involved. You can't be the villain who wants to be cheered, and you can't be the good guy who doesn't show vulnerability.

**Were you able to apply what you've learned in the ring to acting?**

My philosophy is the same: In the ring, you work as a team with your opponents to put on the best possible match and connect with



the audience. In movies, you work as a team with your co-stars to create the best possible scene so you can touch the audience emotionally.

Check out the Big Show in *Vendetta*, available now on Blu-ray, DVD, and Digital HD.

**Are you concerned at all about being typecast?**

It's hard to get away from the stereotype of the big guy who stands in the corner with his arms folded, looking menacing, but I'm aggressively looking for parts.

**It's hard even for someone as recognizable as you?**

The competition is a lot thicker





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\* Additional scientific research and selected references available at [snac.com](http://snac.com)

## EDGE STAR POWER

than you would think. The only thing that helps me is that I have 20 years of a great fan base.

### Has the decision to move toward acting and away from wrestling changed the way you train?

I don't lift heavy anymore. The heaviest I bench is 275 for 21 reps. I want to keep the tendons and joints healthy.

### How about your diet?

I don't eat enough. People might not believe that, but I get busy and sometimes I'll only eat once a day. I lost about 120 pounds when I added boxing to my workout; it was high-intensity cardio with a no-carb diet. When I

got back into wrestling, I started eating carbs again. Now I'm in that yo-yo cycle of finding the right meals and eating every two and a half hours. But I've cut out sugars and processed foods, and I've been eating healthier and staying away from fast-food burgers and garbage like that. Oh, and no more Baskin-Robbins. I feel better now at 43 than I did at 35.

COURTESY OF WWE ENTERPRISES



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of trained power lifters, the tendency was for this type of more strenuous exercise to affect sleep adversely. In addition, long duration daytime exercise of moderate intensity has been shown to decrease GH and testosterone production during nighttime sleep. So, it is extremely important for athletes to get a deep and restful sleep because this is when healing, tissue repair, anabolic hormone production and muscle growth are maximized.

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# Warming Up

Don't let cold weather keep you from training outdoors. **BY MARK BARROSO**



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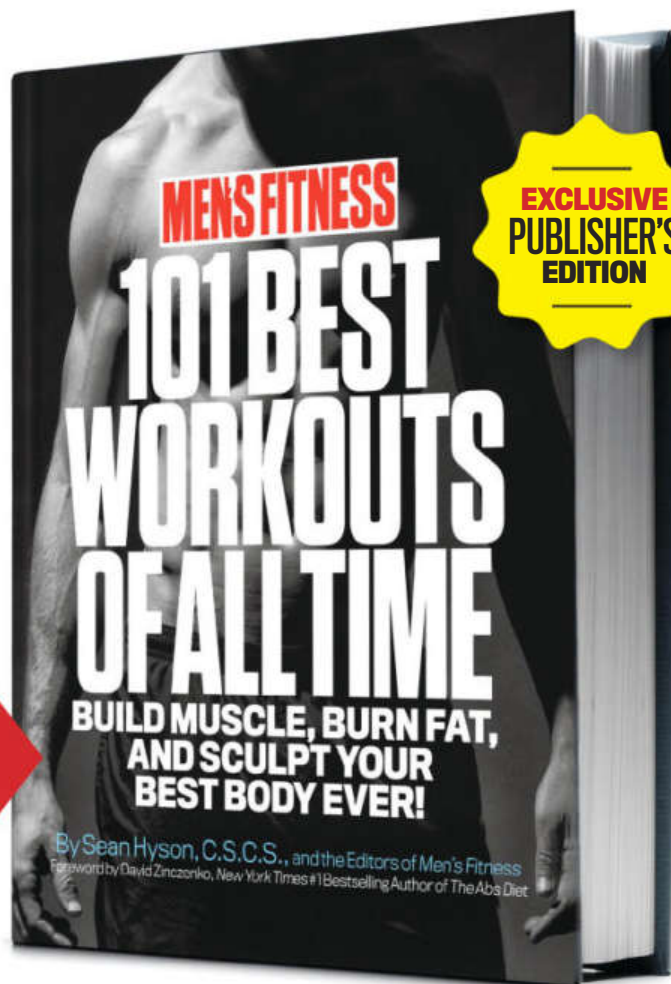
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## ZANE'S WAY

How three-time Mr. Olympia Frank Zane carved his serratus, p68

## ABS & CORE

Add core strength to your bench press—without a ball, p69.

## INSTANT MUSCLE

How to squat safer with a landmine unit, p70.

## EXPERT ADVICE

Words of wisdom from NFL combine guru Joe DeFranco, p76.

# TRAIN

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## The Blue Chipper

IFBB physique pro **CHASE SAVOIE** doesn't fit in with his competition, he stands out. **BY MARK BARROSO**

LUDWIG ARAUJO

**HIS UPPER-BODY PUMP**





## FUNCTION FIRST

"I never wanted to get so enormous, where I couldn't move like an athlete."

**IN THE PAST YEAR**, IFBB men's physique pro Chase Savoie earned his pro card, won a pro show, and competed in the Mr. Olympia Men's Physique Showdown. Yet the former high school football safety and 100-meter sprinter still trains like an athlete to build his top-notch physique. The explosive work helps him keep muscle while incinerating fat.

"During Olympia prep, I did speed work on Mondays, plyometrics on Wednesdays, and another speed session on Friday," Savoie says. For weightlifting, Savoie trains chest/shoulders/triceps one day, back/biceps the second, legs the third, takes a day off, and repeats the split.

"On chest day I bench-press, back day I deadlift, and leg day I squat, all with heavy weight," Savoie says.

After a whirlwind 2015, Savoie's Mr. Olympia showing lit a fire under him to train for perfection.

"The experience taught me even if you're a hair off, you'll pay the price."

## SAVOIE'S CHEST & TRI'S WORKOUT

EXERCISE	SETS	REPS
Incline DB Press	4	6-8
Barbell Bench Press	4	10
Incline DB Flye	3	10
Weighted Dip	3	12
Cable Crossover	3	10
SUPERSET WITH		
DB Pullover	3	10
Close-grip Bench	4	10
Lying Triceps Extension	3	12
DB Triceps Kickback	3	10
Reverse Triceps Cable Extension	3	15

## SAVOIE'S STATS

AGE	HEIGHT	WEIGHT
25	5'10"	190 lbs
RESIDENCE	SPONSOR	
Metairie, LA	Allmax	

INSTAGRAM  
@chasesavoie

PHOTOS COURTESY OF ALLMAX

## SAVOIE'S TOP 3 POSING TIPS

Chase practices posing for 30 minutes after every cardio session in the morning.

1

### HAND ON HIP

In my front and side poses, I always put one hand on my hip and tense my shoulders up.

2

### TIGHTEN UP

When I hit my front pose, I blow all the air out of my lungs, which makes the abs really pop.

3

### BACK IT UP

During back poses, bring your shoulder blades all the way back and squeeze to bring out more detail.





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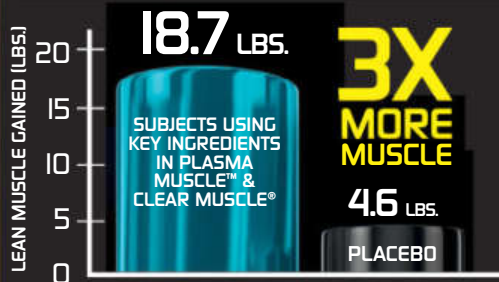




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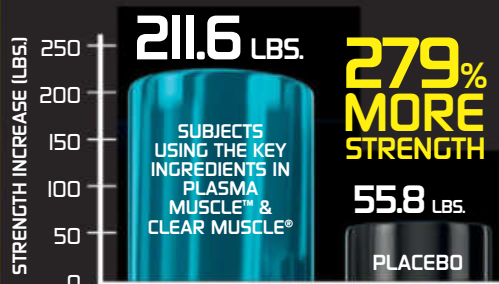
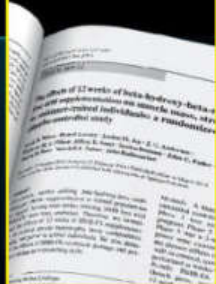
In clinical research, test subjects gained 18.7 lbs. of pure lean muscle in just 12 weeks when combining a core ingredient in Plasma Muscle™ with the core ingredient in Clear Muscle®, while the placebo group gained only 4.6 lbs.

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## PUBLISHED IN PEER-REVIEWED JOURNALS



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# Etched in Stone

Use pullovers to build distinct serratus muscles and a statuelike physique.

BY FRANK ZANE, M.A.

## WELL-DEVELOPED

serratus muscles look like three fingers located 10 or 12 inches below each armpit. They seem to connect the lower lats to the rib cage. And the best way to work them is with dumbbell pullovers.

Most bodybuilders I know don't do them, but I always did even from an early age. As a teenager I did dumbbell pullovers lying over the curved surface of a large-diameter log in my basement. This gave me better rib cage, lat, and serratus development and set the stage for all the pullovers I'd subsequently do as part of my upper-body workouts over the years to follow. It was simple: Since there were no large logs in Gold's Gym, all I needed were a flat bench and one dumbbell.

Later on I discovered the ideal combination to work the serratus, and that was to superset dumbbell pullovers with straight-arm pulldowns. With pullovers I got a deep stretch as I lowered the weight all the way down, almost touching the floor, and then with arms slightly bent pulled the dumbbell up until it was over my face. Pulling any farther would take tension off

the serratus and start putting it more on the front deltoids. Right after my set I would do a one-arm overhead shoulder stretch with each arm as I walked to the lat machine to do the pulldowns.

Standing in front of the lat machine, leaning slightly forward and grasping a straight bar with hands 12 inches apart and elbows slightly bent, I'd pull the weight down in an arc until it touched the tops of my thighs and then slowly lower it back while continuing to lean forward. This movement contracts the lower lats and serratus and completes the arc of what you would get on a pullover machine.

I usually work the serratus at the end of my chest routine since I work triceps immediately after and since pullovers always give me a great pump in the triceps. Do three supersets of 10 to 15 reps, stretching between sets. You can do them at the end of a back routine, too, or with both routines if you want to specialize. Either way, start doing them if you're not already.

## QUICK TIP

All the serratus training in the world won't do a thing if you don't stay lean.



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**I DISCOVERED THE IDEAL COMBINATION—PULLOVERS WITH STRAIGHT-ARM PULLDOWNS.**



## QUICK TIP

You'll have to use less weight than for a normal press, but you'll get a stronger contraction in your abs.



# Bench for Abs

One of your favorite exercises can help give you a six-pack while pumping up your pecs.

BY SEAN HYSON, C.S.C.S.

## HOW TO DO IT PARTIALLY SUPPORTED DUMBBELL BENCH

**1 LIE** on a bench as if you were going to do a dumbbell bench press, but support only your head and upper back. Keep your hips up and your core braced.

**2 PRESS** the weights over your chest. Perform dumbbell presses as normal, but keep your core tight so your hips don't fall. Contract your glutes.

**DID YOU KNOW?** Suspending your body above the floor makes it act as its own bench to support the lift, drastically increasing the core involvement. For an even greater challenge, try pressing one arm at a time.

GROOMING BY CHRISTIE CAIOLA



# Squat Safely

Don't let knee or back pain stop your legs from growing. Squatting with the bar in a landmine unit ensures perfect technique and a full range of motion. **BY SEAN HYSON, C.S.C.S.**

## DID YOU KNOW?

You can pick up a landmine unit for your gym for \$75 at [roguefitness.com](http://roguefitness.com)

## HOW TO DO IT LANDMINE SQUAT

- 1 LOAD ONE END** of the bar into a landmine unit, or wedge it into a corner. Grasp the other end and stand with your feet at shoulder width.
- 2 TAKE A DEEP BREATH** and bend your hips back, squatting as low as you can. Push your knees apart as you descend.

**QUICK TIP** The arc the bar travels allows you to stay more upright than you would when doing a back squat. This lets you squat deeper, hitting your quads better, and protects your lower back. Supporting the weight in front of your body works the core as well. You can also use a landmine setup for presses and rows.



GROOMING BY CHRISTIE CAIOLA





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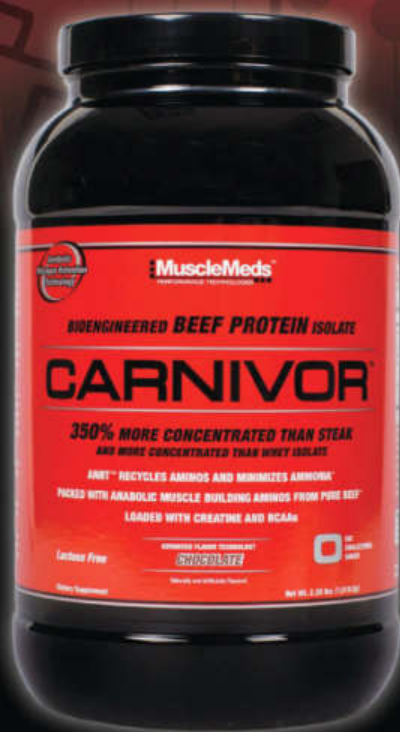
The muscle building power of beef cannot be disputed. Ask most any bodybuilder and they will tell you that they make their biggest muscle gains and feel their strongest when they eat beef. Thanks to the development of CARNIVOR's advanced bioengineered Beef Protein Isolate (BPI), MuscleMeds has formulated a highly anabolic muscle building protein supplement that's shown in clinical research to build muscle mass and increase strength!

A new clinical study demonstrated that hard training athletes supplementing with CARNIVOR Beef Protein Isolate gained an average of 7.7 lbs. of muscle mass in just 8 weeks, while increasing strength. Researchers gave test subjects 2 scoops of CARNIVOR BPI daily for 8 weeks while they exercised 5 days weekly. Athletes taking CARNIVOR BPI added an impressive 6.4% average increase in lean body mass. In contrast, the placebo group did not significantly improve their muscle mass from baseline.\*

The study also showed that CARNIVOR BPI supplementation significantly increased lifting strength. Test subjects increased their average bench press strength by over 45 lbs. and added more than 90 lbs. to their deadlift over baseline.\* These impressive clinical findings clearly validate the muscle and strength building power of CARNIVOR Beef Protein Isolate.



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\*Sharp, et al., 2015 ISSN International Conference [Poster]. Muscle mass data based on male subjects. Lean body mass gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.

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**ANDY MCDERMOTT** is a fitness coach in Hollywood. For free training advice, follow him on Facebook: *AndyMcDermottFitness*, Instagram: *@andymcdermottfitness*, and Twitter: *@andymcd23*



## MOUNTAIN CLIMBER

From a pushup position, sprint in place, switching your feet as fast as possible.

# Connect Four

Add a 50-yard sprint between four regular exercises for results that are anything but ordinary.

## WHAT IT IS

The “Four Corners” workout designed by celebrity trainer Andy McDermott. This is circuit training in the traditional sense: You set up the four exercises as stations, 50 yards apart (in a square, hence the name), and sprint to each one. You’ll do five rounds of 50 mountain climbers, 20 body-weight squats, eight T pushups, and 30 jumping jacks. Since no equipment is required, it could also be set up as two stations, 50 yards apart.

## WHY IT WORKS

Take away the sprinting and you have what would be a fairly demanding circuit either at home or in the gym. But by adding in 50-yard sprints between each exercise, an otherwise ordinary training circuit becomes a behemoth. If you don’t have any space for sprints, do 10-second “deadmill” runs—hold onto the dashboard of a treadmill and push the unpowered belt with your feet as quickly as possible.

## THE WORKOUT FOUR CORNERS

**DIRECTIONS:** Do five rounds, sprinting 50 yards between exercises.

EXERCISE	REPS
◀ Mountain Climber	50
Body-weight Squat	20
T Pushup*	4 (each side)
Jumping Jack	30

\*Perform a normal pushup, then rotate and reach to the sky with your free hand.

**DID YOU KNOW?** Andy McDermott modeled for promotional posters for *Call of Duty: Black Ops III*, out Nov. 8.



# STAND BEHIND IT

A true craftsman stands behind his work. He takes pride in the effort and skill it takes to create something great. No different than you breaking balls every day in the gym. This blue collar attitude informs everything we do at Animal. What we make, we stand behind 100%. So when we dropped the new Animal Whey on the lifting public, we made sure it was something we could stake our reputation on. No protein-spiking or gimmicks. No empty promises or hype. Just pure muscle food that tastes great and digests easily, rich in whey protein isolate. The kind of high performance fuel you can count on to reach your goals. Since day one, that's how we built our business. Our word holds its weight in iron. And we stand behind it.



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**NEED FOR SPEED** DeFranco discovers an athlete's individual weakness, such as a lack of mobility holding back his running, and fixes it fast.

# Coach of Coaches

**JOE DEFRANCO** revolutionized strength training for football and is now working on the fitness industry at large. **AS TOLD TO SEAN HYSON**

## HUMBLE BEGINNINGS

The reason my business grew so much is because I was really focused on the basics. I used to work in health clubs, and I always found myself by the squat rack with clients doing squats, presses, and chinups. My gym started out in a storage closet, 500 square feet. I had barbells, a rack, an adjustable bench, adjustable box, and we focused on technique. I made sure everybody could do the fundamental movement patterns properly, like squatting, lunging, pressing, pulling, hip hinging.

## THE MUST-DO EXERCISE

Everything you do has you hunched forward. Your pecs get short and tight and your upper back gets stretched out and weak

from being rounded over all day. That's why I recommend so many band pull-aparts. It's just to activate the muscles of your upper back. All my clients have a band that they can use. Every hour or so they'll do 15 or 20 reps.

## BEATING THE NFL COMBINE

I figured out how to train for every aspect of the test individually. I would find the limiting factor for each athlete and attack it. If somebody's slow, I find out why. It's either a technique, strength, or flexibility issue. The reason may be his hip flexors are supertight, so we'd focus on a mobility program to lengthen them. We've shaved 0.24 seconds off athletes' 40-yard-dash times, on average.

## TESTING YOURSELF

At the Onnit Academy [in Austin, TX, where DeFranco's Gym is located], we've been experimenting with the Omegawave, a device that measures an athlete's readiness to train. A cheaper, more low-tech way to do it is to test your vertical jump. If you're not within 90% of what you can usually jump, you're probably not ready to train hard that day. Instead, do some mobility work.

## BENCH PRESSING

Brian Cushing [linebacker for the Houston Texans and a DeFranco client] got 30 reps at the combine 225 test. We did it by building his maximal strength. We train predominantly in the two- to five-rep range. The stronger your max is the less of a percentage of your max 225 is, so 225 feels easier. If you can bench 435 for one, 225 is easy to rep with.

## A CERT THAT WORKS

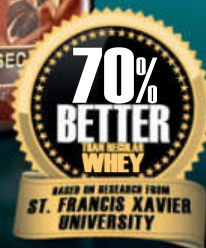
The CPPS [a certification co-created by DeFranco, [cppscoaches.com](http://cppscoaches.com)] combines science and real-world coaching. The certs that I took were a lot of science. When I passed them, I felt as if I knew what I was doing, but then a client walks up to you in the gym and you don't know what to do. We teach you how to coach, how to teach exercises. How to talk to people and how to design programs. Putting somebody through a workout and designing a program are different things.

COURTESY OF ONNIT

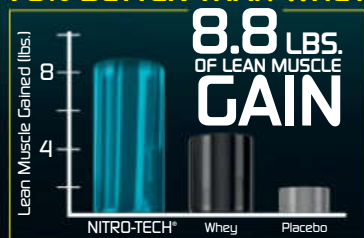


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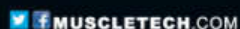
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- Bigger gains in muscle size, strength & enhanced workout performance
- An ultra-clean, fully disclosed formula
- Best-in-class taste flavored by experts in one of the world's top flavoring houses





### QUICK TIP

More rear-delt and upper-back work will help to balance out the muscles in your shoulders.

# Press Protection

John C. from Toronto sent us his delt workout and said he suffers from shoulder pain. Here's how we helped him work around it.

BY SEAN HYSON, C.S.C.S.

## JOHN'S OLD WORKOUT

EXERCISE	SETS	REPS
Dumbbell Overhead Press	3	10
Front Raise	3	12
Lateral Raise	3	12
Rear-lateral Raise	3	12

**M&F RATING: C**

## OUR ADVICE

An aching shoulder often means impingement. This is usually aggravated with overhead pressing, but pressing on an angle can take tension off the joints. Wedge a bar into a corner and press one end of it on a 45-degree angle (like you're throwing a lever)—this is called a landmine press. You should also prioritize pulling in your back workouts and do more rear-delt work, as that will help correct the muscle imbalance that set up the injury.

## JOHN'S NEW WORKOUT

EXERCISE	SETS	REPS
Landmine Press	4	12-15
▲ Rear-delt Raise	4	20
Lateral Raise	3	15
Front Raise	3	15



# NEW, SUPERIOR, CLINICALLY DOSED PRE-WORKOUT

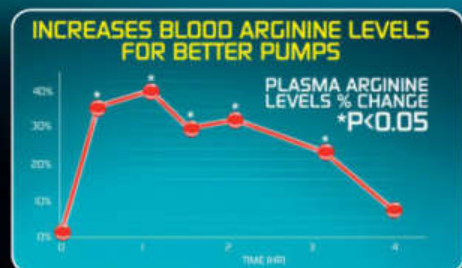


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- The only pre-workout that delivers HydroMax™, Nitrosigine®, CarnoSyn® and more
- Ingredients backed by multiple research studies
- Fully disclosed label

Just check out our fully disclosed label to see for yourself why Anarchy® is the only pre-workout that delivers unmatched performance, unlike obsolete formulas that underdose their ingredients. And because it's from MuscleTech®, the trusted brand backed by 20 years of excellence, you know it's a best-in-class formula that delivers results. Get it today.



Nitrosigine® has been clinically shown to boost blood arginine levels in test subjects within just 1 hour of their first dose.

### THE ANARCHY™ ADVANTAGE

	ANARCHY®	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
Nitrosigine®	1.5g	Zero	Zero	Zero
HydroMax™	1g	Zero	Zero	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero
Beta-alanine	3.2g	3g	Zero	2g

Amounts displayed on the chart are based on a full dose.

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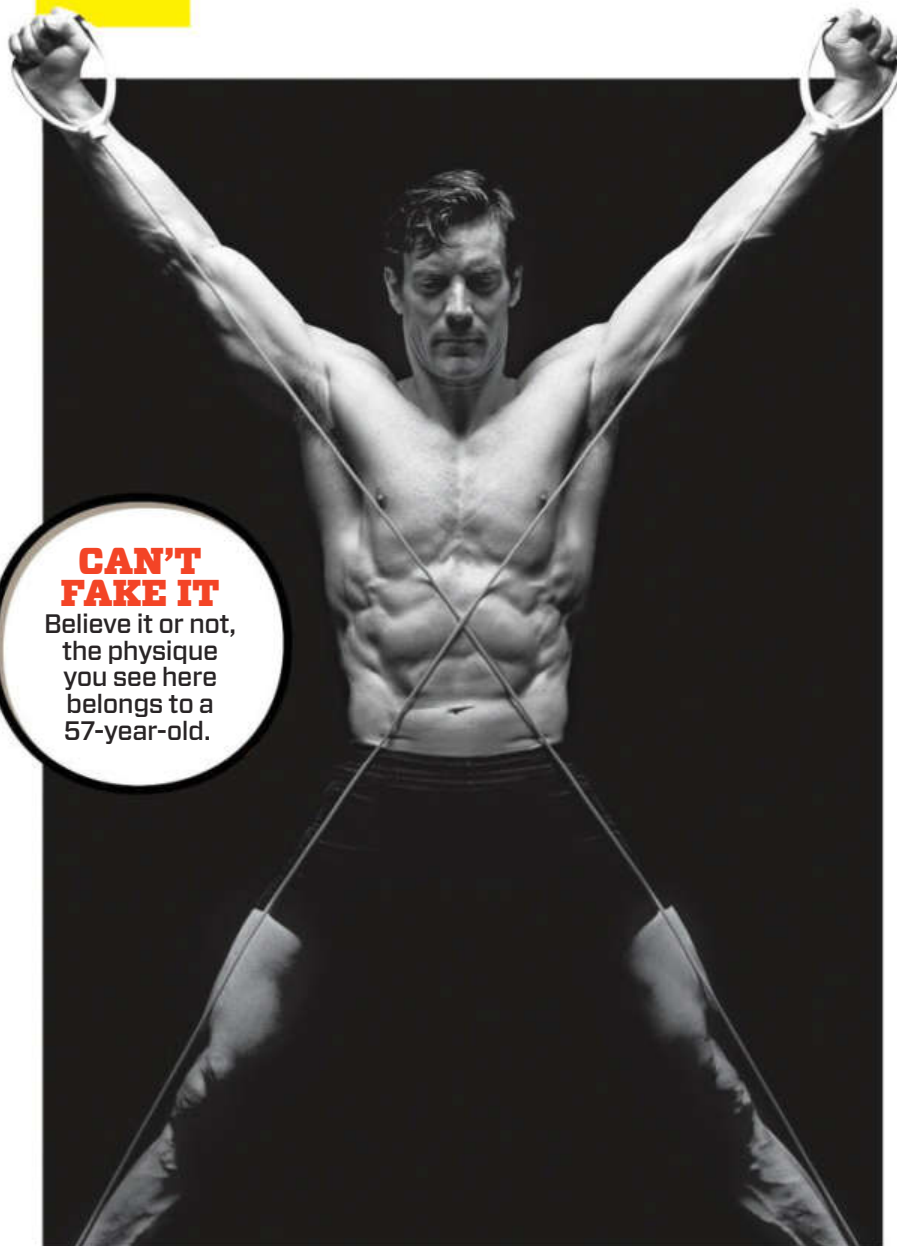
Nitrosigine® is a novel form of arginine and silicon that's been clinically shown to increase nitric oxide levels in research conducted at a human performance lab at a prestigious research center in Miami.

### 3,200 MC PATENTED CARNOSYN®

2 scoops of Anarchy® deliver 3,200mg of patented CarnoSyn® beta-alanine. This is more than the competition. It has also been shown to accelerate musclebuilding in a study published in the *Journal of Strength and Conditioning Research*.



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# Tony Horton

America's most influential trainer reveals his secrets to staying shredded at any age.

BY MARK BARROSO

## TONY HORTON COULD HAVE

hung it up by now and retired comfortably. But the creator of the megapopular P90X series (now used on some U.S. military bases) and its new prequel P90 continues to inspire the masses to break a sweat. After 11 years and 5.5 million workouts sold, the celebrity trainer, author, and TV personality practices what he preaches, staying ripped year-round. "I still weight train. I love it," Horton says. "My training is everything and as often as possible."

Whether it's a P90X workout, running with Olympic medalist sprinters, doing Pilates, skiing, or inviting guests to his house to train, Horton finds ways to be an athlete.

"At age 57, I'm pushing the envelope. If there are 40 moves I did when I was younger, I do a majority of them, and I've added 50 more," Horton says. "I'm convinced that yoga ▶

## CAN'T FAKE IT

Believe it or not, the physique you see here belongs to a 57-year-old.

## TONY'S BODY-WEIGHT CORE WORKOUT

Do two sets of 10 for each exercise. Do 10 reps per side for exercises 3, 5, 6, and 7.

1

### CROSS CRUNCH

Perform two full situps; on every third rep, do a bicycle crunch, touching knees to elbows.

2

### DOLPHIN

From a plank, drive hips up toward the ceiling, return to plank, and tap right knee to right elbow. Switch sides and return to the plank.

3

### PISTON CRUNCH

Lie on your back, and curl knees into chest. Grab one foot with both hands; extend other leg. Switch sides.

4

### FOREARM JACK CURL

From plank, crawl forward once on each forearm. Jump feet out wide. Return to plank. Crawl backward and repeat.

5

### THE X

Lie on back with arms and legs extended out in an X. Tap one hand to opposite foot above core. Lower back down. Switch sides.

6

### FLIP-FLOP CRUNCH

From a side plank, crunch top elbow and knee in front of core. Get into full plank, then side plank. Crunch on other side.

7

### CORKSCREW TWIST

Lie on back with legs vertical. Bring knees toward one shoulder. Lower legs. Tap heels on ground. Twist on other side.



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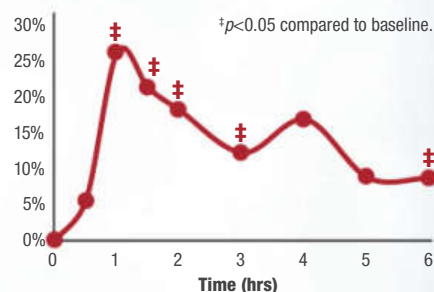
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\*Results compared to baseline.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# TRAIN OVER 40

[which Horton has integrated into his workout products] has kept me doing what I do."

In the gym, Horton favors traditional weight-training exercises and stresses variety.

"I recruit different muscles using several machines," Horton says. "I'm preventing the three things that cause the most problems for people: boredom, injury, and plateaus."

Horton has been there and done that in terms of nutrition, too. He was a vegan/vegetarian for 15 years until he started eating free-range chicken, elk, bison, and salmon. He realized the real culprit is sugar.

"I cut out 90% of my sugar 12 weeks ago, and I've never felt better," Horton says. "My waist is a 31, and I eat six to eight servings of vegetables a day."

Check out Horton's workout split at right and his body-weight core workout on the previous page and see if you can keep up. Did we mention the guy is 57?

## TONY'S WORKOUT SPLIT

Horton trains 25 times a month. This is a typical week.

### MONDAY

**CIRCUIT:** 20 exercises, done as a circuit. Thirteen are plyometrics; the rest are nonimpact, including isometric leg moves.  
**REPS:** 30-100 per exercise

### TUESDAY

**SHOULDERS/ARMS:** Handstand Pushup, Arnold Press, Military Press, Lateral Raise, DB Curl, Cable Curl, Stability Ball DB Triceps Extension.

### WEDNESDAY

**CARDIO CIRCUIT:** Rotate among jump rope, treadmill, VersaClimber, rowing machine, slideboard, bike, and ski machine.  
**WORK:** 3, 5, or 10 minutes per station  
**REST:** 15-20 seconds

### THURSDAY

**CHEST/BACK:** Flat/Incline Bench Press, Machine Flye, Lat Pull-down, DB Row. Alternate between chest and back moves.  
**TOTAL SETS:** 24

### FRIDAY

**CORE AND PLYOMETRICS:** Forward/Lateral Box Jump, Bosu Ball Light Barbell Squat to Press, Walking Kettlebell Lunge, Leg Lift.  
**TOTAL EXERCISES:** 10

### SATURDAY

**YOGA:** He takes 1-2 classes, each about 90 minutes long.

### SUNDAY

**SPEED AND BODY-WEIGHT TRAINING:** Track Sprint, Rope Climb, Ring Muscle-Up..

### TONY HORTON SNAPSHOT

**AGE** 57 **HEIGHT** 5'10" **WEIGHT** 172 lbs  
**RESIDENCE** Santa Monica, CA

**WEBSITE** [tonyhortonlife.com](http://tonyhortonlife.com)  
**YOUTUBE** Tony Horton Fitness

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**QUICK TIP**

Whatever curl variety you choose, pick a moderate weight you could do 15 reps with.



# Arm Training Evolution

Here's the smart way to train biceps and triceps.

BY ADAM BORNSTEIN



**How do I make my arms really grow?**

—@MEIERED

**A:** **IT TOOK ME** a long time to learn how to train arms for the best gains. I used to be in the camp that said you don't need curls and

pushdowns—compound movements are enough. (Big mistake.) Then I thought the answer was progressive overload, adding weight to your lifts every week. But that led to elbow pain. After much trial and error with many clients, I've settled on the following methods, which build the bi's and tri's safely and swiftly.

**GET A PUMP.** The arms respond well to volume, so train them in the 8- to 15-rep range, and sometimes with as many as 20 reps. When you go heavy on an exercise like curls, you just start cheating, and that takes

tension off the target muscles.

**KEEP IT SIMPLE.** EZ-bar curls, hammer curls, and varieties of dumbbell curls are all you need for biceps. For your triceps, think big movements like dips, close-grip bench presses, and pushups most of the time, finishing them off with cable extensions and skull crushers. **TRAIN THEM ON LEG DAY.** Because the biceps are small muscles, they respond better to frequency than punishing loads. Train them two to three times a week. Increased training frequency really adds up.



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"The most knowledgeable period of my journey in fitness came when I enrolled in the ISSA CFT course. While enrolled in the ISSA program I obtained a vast amount of knowledge which enabled me to get a better understanding of the true meaning of fitness and how it correlates to good health. I also learned how to properly assist others who are disabled or impaired to obtain, maintain, and achieve a healthy lifestyle. ISSA has taught me that being fit isn't about how much weight I can lift or how fast I can run but how to obtain good health through proper training and a balanced diet.

Thanks to ISSA, I feel more confident about helping others and have furthered my knowledge by obtaining an MBA in Sports Business. As a result of my experience, I plan to open my own fitness center. I love sharing knowledge and helping others to reach their fitness goals. One of the most valuable lessons I learned from ISSA is being physically fit means a lifetime of good health. Before attending ISSA, I had general knowledge of fitness; however, after attending ISSA I obtained a vast amount of knowledge that I never knew existed and I am now better prepared to assist others in living a healthy life."

Kentrel Triplett, ISSA MASTER TRAINER  
instagram.com/werfitbykentrel



Kemuel Valdes

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- For over 25 years, ISSA has provided fitness education to over 180,000 students and trainers in 92 countries
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- ISSA provides no-cost educational support to all of its students, even after program completion



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# THE EMERGENCE OF A DOMINANT MUSCLE BUILDER

## SHOCKING MUSCLE GROWTH RESEARCH IS WITHIN REACH

Groundbreaking new science has revealed that mTOR-p70<sup>S6K</sup> molecules located within muscle cells are the primary trigger for extreme muscle growth. Increase these and you increase muscle size and strength. Three specific branched chain amino acids (BCAAs) were identified to activate dramatic increases levels of these mTOR-p70<sup>S6K</sup> molecules. Gold-Standard, peer-reviewed, human-subject research demonstrated that a precise mixture and dosage of 45% L-Leucine, 30% L-Valine and 25% L-Isoleucine (BCAAs) at 8,180 mg (8.2 g) caused a 350% (3.5 times) increase in mTOR-p70<sup>S6K</sup> molecules.

## IS ORAL SUPPLEMENTATION EFFECTIVE?

The first question any skeptical supplement buyer should always ask is, "That's great in a lab, but if I take it, will it work?" The answer is definitively, yes! Oral liquid supplementation of 8.18 g of 45:30:25 ratio BCAAs boosted BCAA concentration in the blood and in muscle cells and activated the mTOR-p70<sup>S6K</sup> classic anabolic signal. This confirms that drinking your BCAAs (as in AMINOCORE) in a soluble liquid form replicates the research! You can literally implement this groundbreaking technology TODAY!

## A MUSCLE CELL SAVED IS A MUSCLE CELL EARNED

The mechanism behind AMINOCORE's ability to prevent catabolic muscle loss has been discovered. Molecules called MAFbx and MuRF-1 increase

dramatically during training. They lock on to muscle cells and act like a shredder, literally destroying muscle tissue. AMINOCORE to the rescue. The gene chip analysis showed a dramatic decline in the number of MAFbx & MuRF-1 with 8.18 g BCAAs. This is the number one reason that many people who hit the gym cannot gain or hang on to significant muscle size (a MAJOR factor preventing the addition of significant muscle to your frame).

## INTELLIGENT DIETING SUPPORT

Caloric restriction, limiting carbs, increased cardio intensity; all essential for effective dieting, and all rapid ways to breakdown and flush away muscle. The muscle tissue breakdown that takes place when you're dieting reduces your metabolism and your ability to burn calories. Taking AMINOCORE feeds your muscles directly even while dieting and dramatically limits muscle deterioration. The net effect; you retain muscle, melt fat and maintain a higher metabolism. AMINOCORE the dieting secret you've been looking for.

## THE BEST MIXABILITY, DELIVERY & ABSORPTION

AMINOCORE has Myotrisol™; a cutting-edge solubility technology to BCAA dosage administration. Until now, delivery of a 100% pure 45:30:25 ratio BCAA powder in a potent research directed level (8,180 mg), ideal for ANABOLIC activity, was next to impossible. Aside



from being the purest Pharmaceutical-Grade BCAAs, our Myotrisol™ process FLASH-FREEZE-DRIES our 45:30:25 BCAA powder to create a truly soluble and easily-mixed BCAA drink that absorbs in a truly liquid form.

## ALL BCAAs ARE NOT CREATED EQUAL!

When you're comparing one BCAA to the other, look closely at the formula – does it include glutamine passed off as real BCAAs? AMINOCORE has a completely transparent label protocol. We show you precise BCAA amounts. Glutamine has its place, but it is not a Branched Chain Amino Acid (BCAA). AMINOCORE includes 8,180 mg of real BCAAs not glutamine. AMINOCORE is 100% PURE, FERMENTATION-DERIVED, PHARMACEUTICAL-GRADE, 45:30:25 ratio BCAAs. With added Ketoisocaproic acid (KIC) to further enhance the buffering of lactic acid (muscle toxin) and increase the levels of L-Leucine at the site of muscle. AMINOCORE contains additional highly bioavailable B-Vitamins not only enhance the anabolic environment, they help to release additional metabolic energy.

## AMINOCORE comes in 4 Flavors and Unflavored!

### Available in two sizes:

462 g (44 servings) and 1166 g (111 servings). Take 1 scoop with cold water every workout.



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## 15-MINUTE FEAST

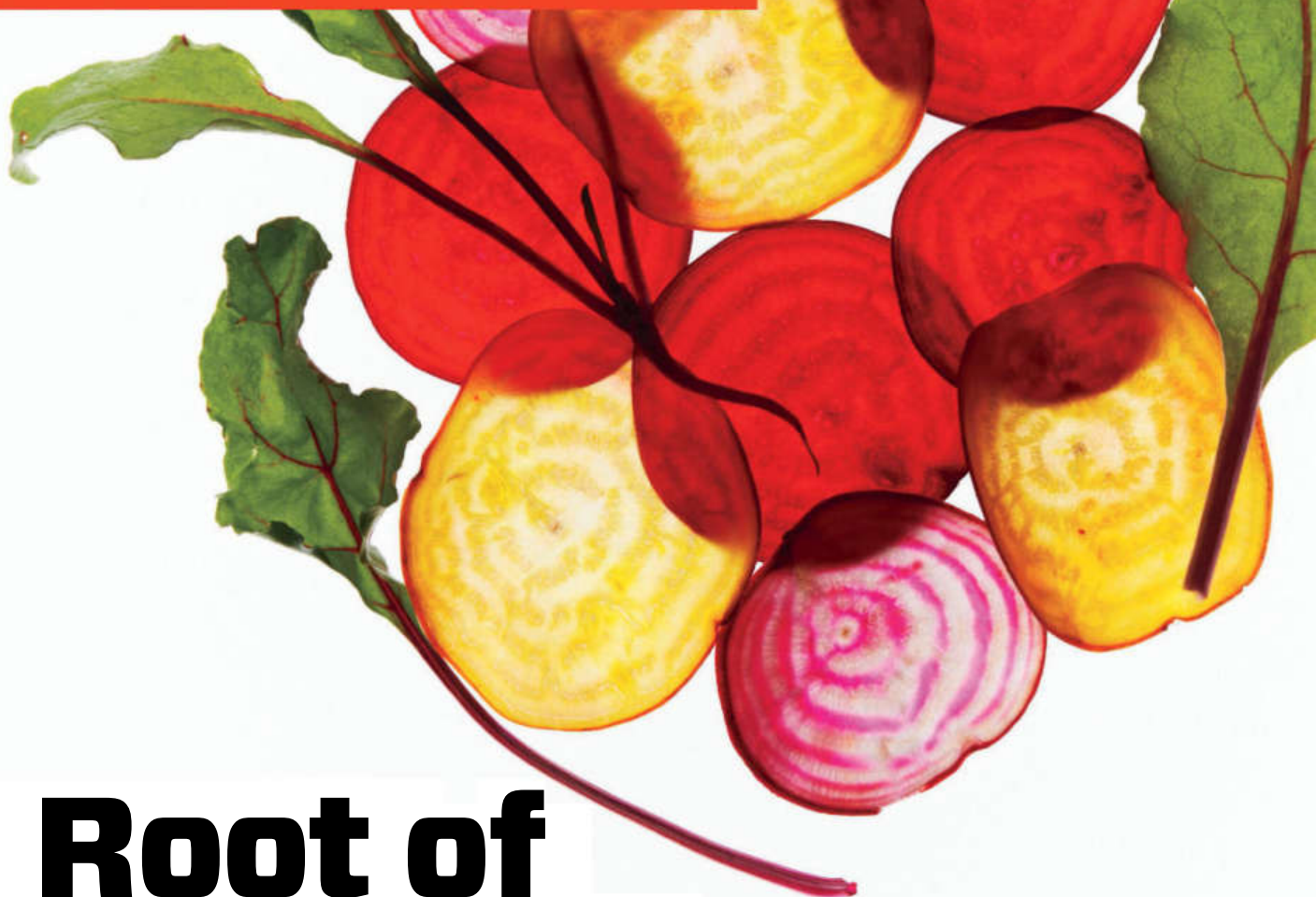
Coffee on red meat? Try this and you'll put it on every steak from now on, p92.

## 1 FOOD, 5 WAYS

Forget steamed cauliflower. It's time to get creative, p94.

# EAT

WHAT'S IN THE FRIDGE THIS MONTH



# Root of the Matter

Root veggies can fuel your workouts and boost your immune system.

**RATHER THAN** lament the fact that many of your favorite fruits and veggies are out of season, use the winter months to pack your diet with what's in-season: nutrient-dense root vegetables such as

carrots, parsnips, turnips, rutabaga, sweet potatoes, ginger, and beets. All root veggies are a good source of fiber and vitamin C. Sweet potatoes are a clean carb staple for all athletes; ginger can

lower blood sugar and blunt muscle soreness. Studies have shown that beets can boost athletic performance as they are the source of the potent pre-workout ingredient beta-alanine.

**LEAN  
GAINS**

Ground bison has fewer calories, less fat and cholesterol, and more protein than ground beef.

**MINI BURRITO BAKES**

SERVES 6

- ½ lb ground bison
- 1 ear of fresh corn, kernels removed
- 15 oz black beans
- 14.5 oz fire-roasted tomatoes
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp kosher salt
- 1 tsp red-wine vinegar
- 1 tsp agave nectar
- 24 3-inch wonton skins
- 1 cup low-fat Monterey Jack cheese
- 3 cups romaine lettuce, shredded
- 1 pint cherry tomatoes, halved
- 8 oz low-fat sour cream

1. Preheat oven to 350°F. Brown bison for 8 minutes in a skillet on medium heat.
2. Add corn, beans, roasted tomatoes, spices, vinegar, and agave. Cook for 15 minutes.
3. Spray a 12-cup muffin tin with cooking spray. Lay 2 wonton skins in each cup. Bake in oven until slightly crispy.
4. Spoon bison mixture into cups; sprinkle with cheese. Bake for 12 minutes.
5. Garnish burritos with lettuce, cherry tomatoes, and sour cream.

**NUTRITION PER SERVING**

<b>418</b> CALORIES	<b>23g</b> PROTEIN	<b>42g</b> CARBS	<b>18g</b> FAT
------------------------	-----------------------	---------------------	-------------------

# Fine Dining

Feed your body with a better red meat: bison.

BY MARK BARROSO

**WHY BISON INSTEAD OF** other protein? Bison aren't fed hormones or antibiotics; they're free-range animals that eat grass, grain, or hay. The end result is leaner meat that tastes like beef.

"People think bison is going to taste gamy, and it's not at all," says Rich Rosendale, celebrity chef and star of *Recipe Rehab* and

the culinary documentary *The Contender*. "I've switched bison in for beef in my recipes, and nobody noticed. However, bison will be noticeably dry if you cook it past medium. It doesn't have the same marbling content as beef." Try Rosendale's mini burrito recipe for a new take on this high-quality protein source.





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**DID YOU KNOW?**

Coffee was once banned in parts of the Middle East because it was thought to stimulate “radical” thinking.

# Coffee with Sirloin

Coffee isn't just a drink. Rub your steak with it for a special kick that barely takes longer than brewing a cup of joe by itself. **BY SEAN HYSON, C.S.C.S.**

**STEAK WITH COFFEE AND CHILI RUB**

YIELDS 2 SERVINGS

- 1½ tsp chili powder
- 1½ tsp fine ground coffee
- ½ tsp brown sugar
- ¼ tsp dry mustard
- ¼ tsp ground cumin

- ¼ tsp salt
  - ¼ tsp freshly ground black pepper
  - 1 lb top sirloin, about 1¼-inch thick
  - 1 cup white rice
  - ½ lime
  - ½ cup fresh cilantro, chopped
  - 1 tbsp olive oil
1. Coat a large nonstick

skillet with cooking spray and place it over medium-high heat. In a small bowl, combine all ingredients for the rub and then coat steak well on both sides.

2. Cook steak 14 minutes, turning once, for medium to medium-rare. Allow steak to sit for 5 minutes before slicing.

3. While steak is cooking,

cook rice. Then stir in lime juice, cilantro, and oil. Add salt to taste. Serve steak with rice on the side.

**NUTRITION PER SERVING****616**  
CALORIES**72g**  
PROTEIN**29g**  
CARBS**22g**  
FAT

FOOD STYLING BY SUZANNE LENZER





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# Cauliflower

Enjoy these five Paleo recipes to add flavor and nutrients to any diet.

BY SEAMUS MULLEN

## 1 | COOK COUSCOUS

Pulse cauliflower head in a food processor to form couscous. Heat 2 tbsp olive oil over medium heat in a pan. Sauté cauliflower with pine nuts, raisins, and 1 clove minced garlic. Reduce heat for 2 minutes. Finish with chopped basil.

## 2 | GRILL A "STEAK"

Heat grill to high. Cut 2 "steaks" from center of large cauliflower head. Add spices and drizzle with coconut oil. Grill steaks on both sides and reduce heat for 3-4 minutes. Drizzle with lime juice, minced jalapeño, and cilantro.

## 3 | STIR UP A SOUP

Cut cauliflower head into 1-inch chunks. In a large pot, heat 2 tbsp coconut oil and sauté cauliflower with garlic and 1 minced shallot for 3 minutes. Add 1 can coconut milk and 1 drizzle rice vinegar and cook 5 minutes. Blend until creamy in a blender. Serve.

## 4 | BAKE A CASSEROLE

Preheat oven to 425°F. Cut cauliflower head into florets. Toss in a bowl with 1 cup diced bacon, 1 sliced shallot, 1 minced garlic clove, and 2 tbsp olive oil. Season with spices, put in a baking tray, top with 1 cup chopped almonds, and bake for 30 minutes.

## 5 | ROAST THE WHOLE HEAD

Preheat oven to 350°. Trim stalk of cauliflower head. Rub with 2 cloves minced garlic and 4 tbsp olive oil. Season with spices, lemon zest, red pepper flakes, and sesame seeds. Bake 30 minutes, raise to 425°, and roast another 7-10 minutes.

### WELL-ROUNDED

One cup of cauliflower has 3 grams fiber, 303 milligrams potassium, and is a good source of vitamin K.



NOEL BARNHURST/  
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**MARKET  
UPDATE!**

# RAW PLANT PROTEIN NOW RIVALS WHEY!



**DIEGO SEBASTIAN**  
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**In the past,** it wasn't always an easy choice to live a vegan lifestyle or simply a 'greener' lifestyle if your goals were to be a serious athlete. It was hard enough to get abundant protein or vitamins and minerals through diet alone, but almost all supplement sources of the past haven't been vegan-friendly. SAN recognized this dilemma and engineered **RAWFUSION**, the animal-free raw plant based protein.

The custom, bio-fermented protein mix of pea protein isolate, sprouted brown rice, and artichoke protein concentrate in **RAWFUSION**, totaling 21 grams of protein, is a formula guaranteed to produce results equivalent to the best long-established proteins in the fitness world. In fact, with over 4.5 grams of BCAAs per serving, **RAWFUSION**'s amino acid profile rivals that of milk/whey protein, and it's completely free of cholesterol and lactose, so no more issues for those with sensitive stomachs.

In addition to the great tasting **RAWFUSION** protein powder, SAN has created an equally and amazingly delicious whole foods protein bar fueled with superfoods.

**RAWFUSION BAR** is made with the same premium-quality raw plant protein found in our powder. It is comprised of an exclusive mix of pea protein isolate and pumpkin seed protein. The non-soy formula is ideal for vegans and a sensible choice for non-vegans as well.

Along with our world-class protein formula, **RAWFUSION BAR** is made with pure almond butter, delicious dates and chia seeds that are rich in Omega-3 fatty acids, antioxidants and fiber. **RAWFUSION BARS** are full of pure, wholesome nutrition you can take anywhere!

Go ahead and give both **RAWFUSION** and **RAWFUSION BAR** a try and find out how adding 'GREEN' to your strength and muscle building nutrition will be a decision you'll be glad you made!\*



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# WINTER MASS WORKOUTS

BY SEAN HYSON, C.S.C.S. /// PHOTOGRAPHS BY JASON ELLIS

Forget about abs and calves. Use these cold months to add maximum size and strength with the most effective exercises known to man.

**RELAX.** Abs season is over. You don't have to meticulously count every gram of carbs and fat anymore because even if you do keep your abs over the next few months, no one but your girlfriend will have a chance to see them. It's wintertime, and for most of the country, that means a return to long-sleeve shirts and pants, holiday parties, and comfort foods—all things that will conspire to rob you of definition and steadily expand your waistline.

And rather than fight it, we say embrace it. December through March is the perfect time to shift your training to a powerbuilding

split focused on putting up big numbers and adding prime beef to your frame so that when spring comes back, you'll need only a few weeks of dieting to shed your "winter coat" and reveal the dense muscle beneath it.

To this end, we polled three of our favorite experts—Joe DeFranco, a strength coach to several pro football players; CJ Murphy, a strength coach, powerlifter, strongman, and all-around badass; and Mike O'Hearn, a bodybuilder, powerlifter, former *American Gladiator*, and the model for these pictures—to get their picks for the best muscle- and

strength-building exercises, period. We then mixed as many of them as we could together to fashion a damn fine mass-gain program that will have you setting new PRs—safely—while pumping up the muscles that show behind even the ugliest sweater: the traps, shoulders, chest, and arms. We bet that you will enjoy this routine so much, you'll wish it stayed winter forever. (Almost.)

## DIRECTIONS

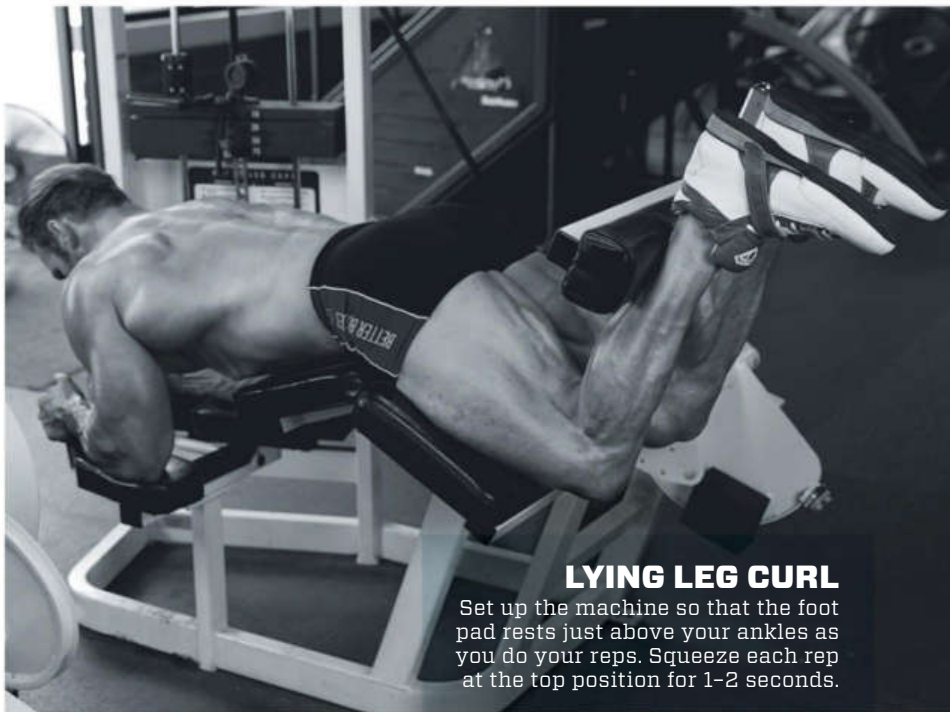
Perform each workout (Days I, II, III, and IV) once per week. Exercises marked with an asterisk (\*) indicate that they should be rotated with similar movements each week. For example, on the first leg day, you can do the classic back squat one week, then a box squat the next, and a pause squat in Week 3.

(If you have access to special bars, like a safety squat bar, you can use these as well for more variety.) On upper-body days, you can rotate among the bench press, incline bench press, and floor press, just for example. On the second leg day, you can opt for any variety of deadlift you like (such as a trap bar, sumo, or conventional); you can also change the height of the bar, choosing to do deficit deadlifts (where you stand on a platform to increase the range of motion) or rack pulls (where you rest the bar on a rack or blocks just below knee level to shorten the range of motion). Cycle the lifts as you like or need to, depending on recovery and how your lower back and shoulders feel.

On all of the main lifts (squat, bench press, and deadlift) and their variants that you cycle, you'll work up to a one- to 10-rep max. Begin with an empty bar and gradually add weight until you reach a load that cuts you off at a certain number of reps within that range. You can shoot for a 10-rep max one week on one lift and then an eight-rep max on another lift the next week. You can work down to a one-rep max over time or play it safe and stay within five to eight reps; it's up to you and how far you want to push your strength gains. Just be aware that repeatedly training very heavy (five-rep maxes or heavier) will be stressful and will require occasional deloads. Once you reach the load that allows you the number of reps you're shooting for but no more, you're done with that lift for the day.

Note that some exercises are alternated. This means you'll do one set of the first lift, rest, then one set of the second lift, rest again, and repeat until sets are complete.

## DAY 1 LEGS & CORE



### LYING LEG CURL

Set up the machine so that the foot pad rests just above your ankles as you do your reps. Squeeze each rep at the top position for 1-2 seconds.

EXERCISE	SETS	REPS
Lying Leg Curl	3	15
Squat Variant*	As many as needed	1-10
Keystone Deadlift	2	6-8
Bulgarian Split Squat	3	8 1½ reps (each leg)
Ab-wheel Rollout	3	8-15

### SLIDING LEG CURL

Use Valslides, furniture sliders, or paper plates on a waxed floor. Lie on your back on the floor and rest your heels on the sliders and slide them up close to your butt so your knees are bent. Brace your abs and drive your heels into the floor to raise your hips up in the air. Extend your legs, sliding your feet out straight, and then bend them as in a leg curl to come back up. Keep your abs braced so your back doesn't hyperextend.

If you have access to a glute-ham bench, you can do glute-ham raises (GHR) in place of sliding leg curls.

### CONCENTRATION CURL

Sit on a bench with a dumbbell in one hand and brace the back of your arm against the inside of your thigh. Perform a strict curl movement and then lower the weight one half of the way back down. Curl it all the way up again and then lower fully. That's one "1½" rep.

### FACE-PULL

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand with palms facing each other. Pull the rope to your forehead while flaring your elbows out until your back is fully contracted.

### BULGARIAN SPLIT SQUAT

Hold a dumbbell in each hand and stand lunge length in front of a bench. Rest the top of one foot on the bench behind you. Bend both knees and lower your body until your rear knee nearly touches the floor. Keep your torso upright.

To perform 1½ reps, lower your body into the bottom position and then come up halfway. Go back down and then come up to the start position. That's one "1½" rep.





## **SQUAT**

Rest the bar across your traps, slightly lower than the base of your neck. This ensures the bar won't rest on your vertebrae. Squat low until your thighs are at least parallel to the floor or lower. Going a bit lower will make it easier to hit proper depth when you approach very heavy weight.

## DAY II

### CHEST, BACK, SHOULDERS, TRICEPS

EXERCISE	SETS	REPS
<b>Alternating Incline Dumbbell Press</b>	3	12-15 (each side)
<b>Bench Press*</b>	As many as needed	1-10
ALTERNATE WITH		
<b>Chest-supported Row</b>	4	8-12
<b>Lateral Raise</b>	3	10-12
<b>Incline Tate Press</b>	3	15

#### INCLINE TATE PRESS ▶

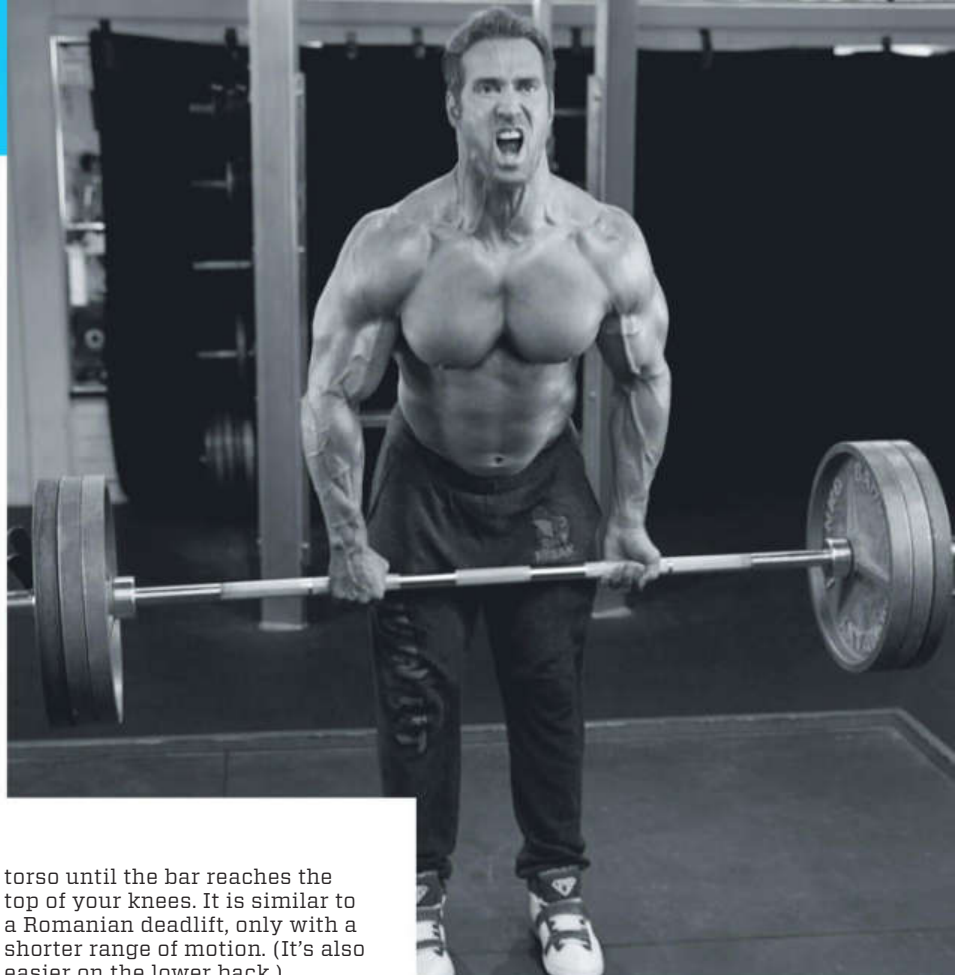
Set a bench to an incline and lie back with a pair of dumbbells locked out overhead. Flare your elbows out and lower the weights in toward your chest.





## DAY III LEGS, TRAPS, CORE

EXERCISE	SETS	REPS
Sliding Leg Curl (or GHR)	3	10-12
Front Squat	2	8
Deadlift*	As many as needed	1-10
Dumbbell Shrug	3	12-15
Back Extension	As many as needed	50 total
One-arm Farmer's Walk	2	As far as possible



### DEADLIFT ▶

Keep your back flat and drive through your heels. For the key-stone variation, hold the bar at arm's length at your thighs. Push your hips back and lower your

torso until the bar reaches the top of your knees. It is similar to a Romanian deadlift, only with a shorter range of motion. (It's also easier on the lower back.)



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## DAY IV

### CHEST, SHOULDERS, BACK, ARMS

EXERCISE	SETS	REPS
<b>Seated Dumbbell Overhead Press</b>	3	10-12
ALTERNATE WITH		
<b>Pullup</b>	3	As many as possible
<b>Cable Flye</b>	3	15
ALTERNATE WITH		
<b>One-arm Dumbbell Row</b>	3	10-12
<b>Face-pull</b>	3	15-20
<b>Incline Curl</b>	4	8 1½ reps
<b>Band Pushdown</b>	As many as possible	100 total

### ONE-ARM FARMER'S WALK

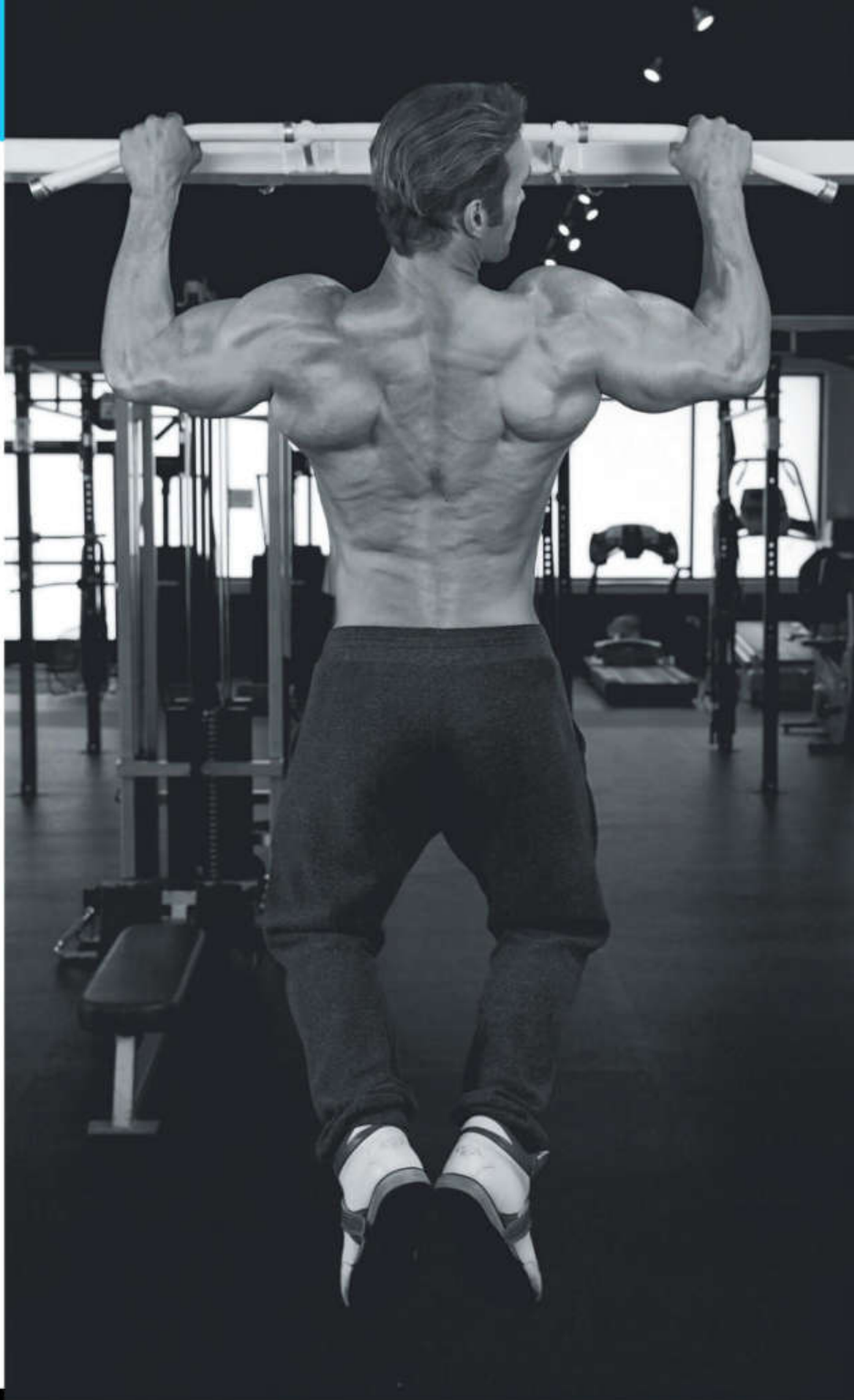
Hold a heavy dumbbell in one hand and walk as far as you can while keeping your torso upright and straight. Alternate sides each set.

### BAND PUSHDOWN

Attach a band to the top of a power rack or other sturdy surface and grab an end in each hand. Perform pushdowns as you would at a cable station, but do as many sets as needed to reach 100 total reps, resting along the way.

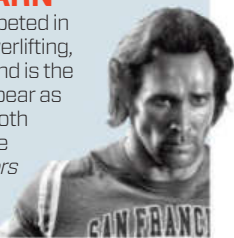
### PULLUP ▶

Grab the bar with a wide grip. Keep your back flat and initiate the pull by retracting your shoulder blades. Initiate each rep from a dead hang; don't use momentum to get up. **MRF**



#### MIKE O'HEARN

O'Hearn has competed in bodybuilding, powerlifting, and martial arts and is the only athlete to appear as a competitor on both incarnations of the *American Gladiators* TV show.  
[mikeohearn.com](http://mikeohearn.com)



#### CJ MURPHY

"Murph" is a competitive strongman and powerlifter and the owner of Total Performance Sports in Everett, MA. [totalperformance.com](http://totalperformance.com)



#### JOE DEFRANCO

DeFranco has trained several NFL players, including Brian Cushing of the Texans and former New York Giant David Diehl. He is also the creator of DeFranco's Gym at the Onnit Academy in Austin, TX. [defrancostraining.com](http://defrancostraining.com)





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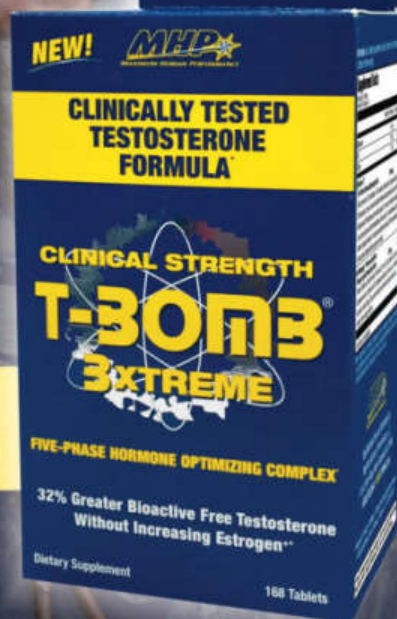
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# TRAIN LIKE A CHAMPION

The 2015 Mr. Olympia competition showcased the very best physiques on the planet. Now you can take inspiration from—and a page from the training notebooks of—the winners: Mr. Olympia **PHIL HEATH**, 212 Showdown champ **FLEX LEWIS**, and Physique Mr. Olympia **JEREMY BUENDIA**.

## PHIL HEATH

MR. OLYMPIA WINNER 2015

“THERE’S NO WAY IN HELL I COULD HAVE ACHIEVED WHAT I HAVE WITHOUT BEING A GOOD STUDENT AND LISTENING TO THE WISDOM OF OTHERS.”

### CHEST WORKOUT

EXERCISE	SETS	REPS
Hammer Strength Incline Press	4	8-12
Flat-bench Flye	3	8-12
Vertical Chest Press	4	8-12
Incline Cable Flye*	7	8-10

\*Performed FST-7 style: Rest 30-40 seconds between every set, stretching your pecs on a door frame or power rack while you rest.





# FLEX LEWIS

212 SHOWDOWN WINNER 2015

“DON'T LET SOMEONE WHO GAVE UP ON THEIR DREAMS TALK YOU OUT OF YOURS.”



## SHOULDER WORKOUT

EXERCISE	SETS	REPS
Seated Lateral Raise	3	14-16
SUPERSET WITH		
Seated Front Raise	3	14-16
Standing Lateral Raise & Hold*	1	20
Incline Rear Lateral Raise	2	14-16
Bentover Rear-lateral Raise**	1	14
Seated Dumbbell Shoulder Press	3	14-20

\*On the final rep, hold the top position of each rep as long as possible. Don't come to rest at the bottom of the movement with your arms at your sides. Keep the weights about a foot away from your body (almost a third of the way up).

\*\*Perform one set to 14, grab a pair of much lighter dumbbells, then immediately do another set of 14.







# JEREMY BUENDIA

PHYSIQUE WINNER 2015

“KNOWING EVERYONE IS HUNTING DOWN MY TITLE MOTIVATES ME TO WORK HARDER.”

## ABS CIRCUIT

**DIRECTIONS:** Do five rounds, resting two minutes between each round.

EXERCISE	REPS
Floor Crunch	25
Lying Leg Lift	25
Toe Touch	25
Side Oblique Crunch*	25
Bicycle Crunch	40

\*Per side















# PROGRAMMED FOR SUCCESS



**#TheProgram** is an NYC-based group fitness outlet that defies the conventions of every group fitness class that's come before it.

BY ZACK ZEIGLER ///  
PHOTOGRAPHS BY ERICA SCHULTZ





# IT'S SAID THAT NEW YORK IS THE CITY

that never sleeps, but the predawn scene surrounding Pier 46 in Manhattan's Hudson River Park seems to prove otherwise. The nearby congestion-prone West Side Highway is virtually empty, and foot and bike paths that will be flooded with pedestrians shortly after sunrise are nearly deserted. But at 6 a.m., a small gathering of supremely fit people do their part in supporting the old adage. The 32 members of #TheProgram are sprawled across a rectangular sliver of artificial turf, amped up and ready for a 45-minute ass-kicking workout.



**THE EARLY BIRDS**  
#TheProgram trains at 6 a.m. four days per week.



Year-round, members of #TheProgram train four days per week at various locales around Manhattan, engaging in everything from yoga and team cycling to weight training and high-intensity circuits. Yet as demand for entry has increased, the group's leadership has mindfully avoided adopting a pay-to-play business model. "One principle we have is that no money is involved; there's no profit motive," says Strauss Zelnick, one of the #TheProgram's founders. "We're looking for nice, congenial people who are friendly and fun to be with, and who are also serious about health, fitness, and wellness. If you're

a highly competitive or an obnoxious person, you wouldn't feel welcome."

One thing is required of all members: the willingness to drag your ass out of bed before sunrise Tuesday through Friday to train. The 6 a.m. start time forces #TheProgram to become a priority. "You can't stay up late misbehaving if you're up at 5 a.m. to work out," Zelnick says.

How the group secures its funding

for weekly visits to gyms and studios around a city as expensive as New York was not disclosed or discussed in depth, but smart money would point to Zelnick as the guy footing the bill. The 58-year-old media magnate and founder of



Zelnick Media Capital (ZMC) is the CEO of Take-Two Interactive Software, publishers of the *Grand Theft Auto* and 2K Sports game franchises, among others. Previously, he served as CEO of BMG Entertainment and president and COO of 20th Century Fox. So if the man wanted to spin #TheProgram into a cash cow, he has the chops and the connections to do so. But such a move would sully the vibe Zelnick and Co. have cultivated—a supportive environment where members leave their egos at the door and unite to make the group stronger.

Eric Posner, co-founder of Swerve Fitness, an NYC-based cycling studio where #TheProgram trains weekly, is roughly 35 pounds lighter since joining up a year ago and has become one of #TheProgram's de facto stewards. "We're a group of mindful athletes, and we're looking to elevate the person next to us," he says, describing the ideology. "It's about mindfulness, not just looks or materialistic or superficial things."

**W**hile there's a certain "Skull and Bones" feel to #TheProgram, scoring an invite to train doesn't involve passing a litmus test or memorizing a secret handshake. Instead, a current member will send an e-mail to Zelnick mentioning your interest. If all goes according to plan or there's room for newbies, you'll find yourself at a workout. If you do manage to get initiated and end up no-showing a session, expect group members to reach out in hopes of bringing you back into the fold. If



**BETTER TOGETHER**  
Zelnick, foreground,  
trains alongside former  
Jet Tony Richardson.

flightiness becomes the norm, your name gets dropped after about a month, and a slot opens up. "It's not a punishment," Zelnick insists. "There's just no need to include someone who isn't going to show up."

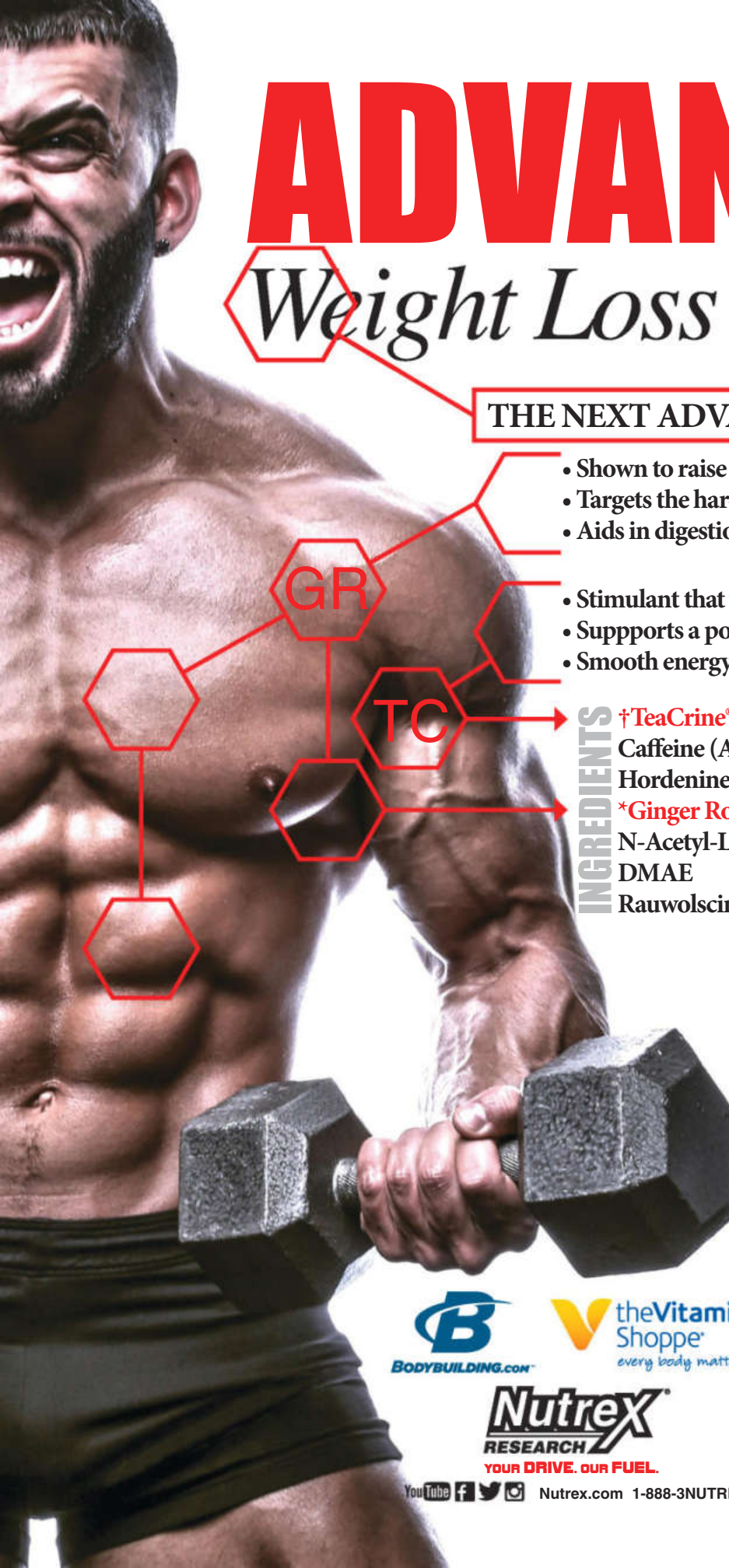
Keeping a finger on the pulse of the group requires Zelnick to connect regularly with his council. "It's really a temperature check," says Tony Richardson, a former New York Jets fullback who spent 16 seasons in the NFL. "We'll talk over dinner, by phone or e-mail...about what workouts we're liking or what changes to make."

Those discussions may involve the workout structure or ways to better position members to achieve personal goals. Before Memorial Day, group members were encouraged to list a goal on a shared Google doc that they wanted to accomplish in the 99 days between Memorial Day and Labor Day—No. 99. For Dyan Tsiumis, that involved competing in an amateur bikini competition. Her No. 99 goal would serve as the culmination of a decision she made 15 years prior to live a healthier lifestyle. "I knew some people from #TheProgram would be in the audience, but about 30 of them showed up—some holding sticks that had my face on them," she says. "But that's what it's all about and what we do—we check on each other and we care about and love each other."

In the future, Zelnick hopes to see

**We're a group of mindful athletes, and we're looking to elevate the person next to us. It's about mindfulness, not just looks or materialistic or superficial things.**





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**HARD CORE**

Trainer Flex Cabral demonstrates dos and don'ts of the hollow hold.

affiliate programs spring up in other cities, so long as the mission statement remains intact. "It relies on ambassadors reaching out and understanding that it's not about money; it's about spreading the word and encouraging people, and wanting to be part of a positive movement," he says.

Back on Pier 46, trainer "Flex" Cabral, a 29-year-old former U.S. Marine, leads his sweat-soaked, huffing and puffing platoon into the workout's homestretch. Though all 57 members of #TheProgram are clearly exhausted, one by one their fatigue gets eclipsed as an infectious outburst of cheers and claps spreads from one end of the group to the other. The energizing surge of support is enough to clear the path to a strong finish.

At a little after 7 a.m., the West Side Highway is clogged, and joggers, baby strollers, and dog walkers clutter Pier 46. Just as #TheProgram's workout comes to an end, the rest of New York City is ready to get its day started. **MBF**

## #THEPROGRAM WORKOUT

### CIRCUIT NO. 1

Perform each circuit with a partner with one person doing exercise (A) and the other exercise (B), switching two to three times before moving to the next exercise pair. Rest briefly.

- (A) Bear crawl 10 yards, then bear crawl to the start position
- (B) Body-weight squat
- TIME:** 1 minute

- (A) Single-leg box jump
- (B) Shuffle 10-15 yards, then shuffle back to the start position
- TIME:** 1 minute

- (A) Pushup
- (B) Sprint 20-25 yards, then sprint back to the start
- TIME:** 1 minute

### CIRCUIT NO. 2

- (A) Box jump
- (B) Hollow body hold
- TIME:** 20-30 seconds

- (A) Tuck jump
- (B) Sprint
- TIME:** 20-30 seconds

### CIRCUIT NO. 3

- (A) Jump squat
- (B) Mountain climber
- REPS:** x 10

- (A) Burpee suicides\*
- (B) Tuck jump
- REPS:** 3 burpees, then switch.

### ROUND 2

- (A) Burpee suicides\*
- (B) Body-weight squat / box jump
- REPS:** 3 burpees, then switch

- (A) Burpee suicides\*
- (B) Burpee box jump\*\*
- REPS:** 2-3 burpees, then switch

- (A+B) Bear crawl + pushup
- REPS:** Bear crawl 15 yards, do 10 pushups, bear crawl back

\*Choose three markers within 25 yards; when you get to a marker, perform 10-15 pushups, sprint back to the start position, and immediately turn around and sprint to the next marker. Repeat till you've reached all three markers.

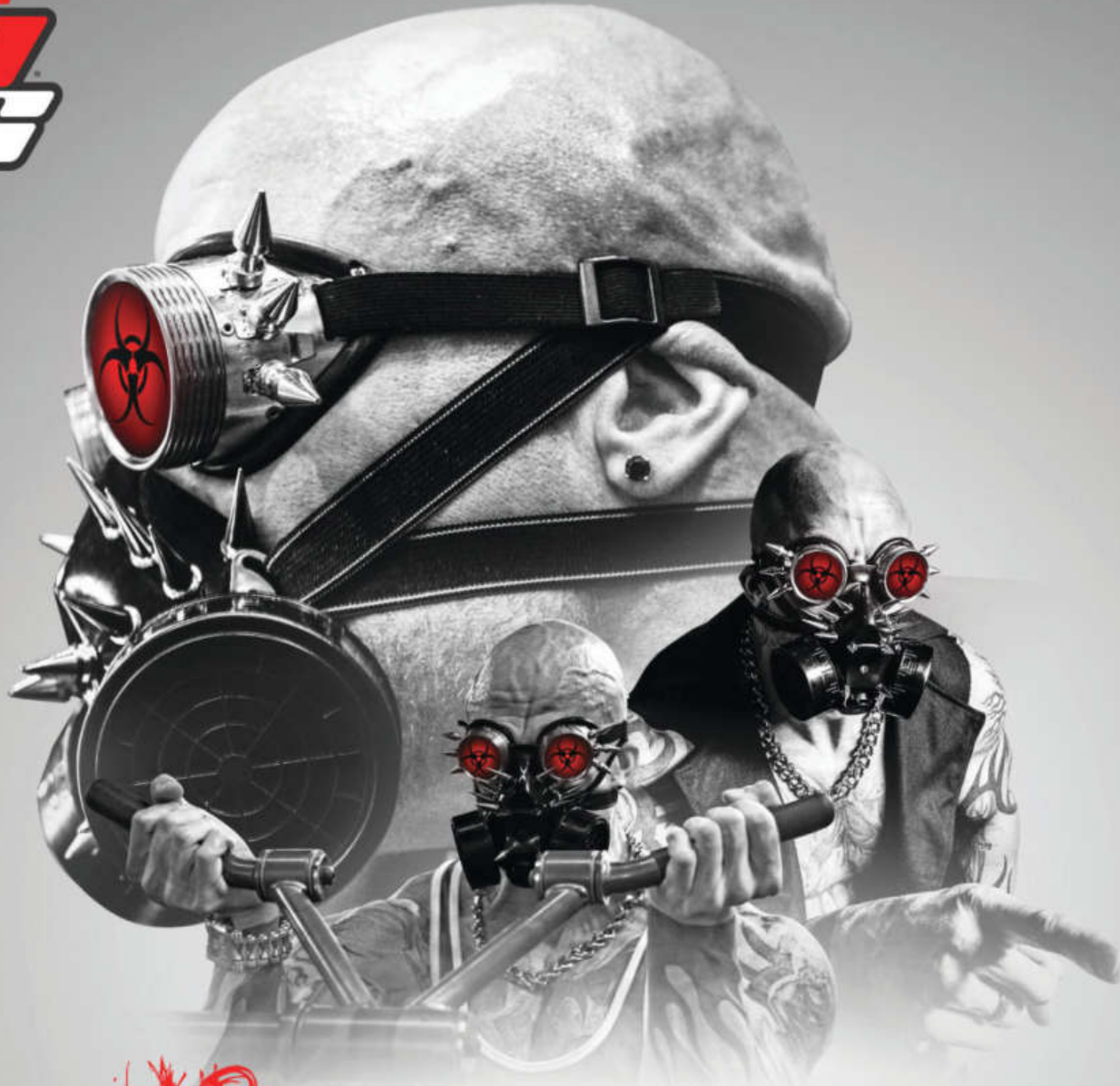
\*\*Perform a pushup on a box or step, execute a burpee, and then do a box jump onto the step.

### CHECK OUT THE PROGRAM

On the Web: [theprogram.nyc](http://theprogram.nyc)

On Instagram: [@theprogram\\_nyc](https://www.instagram.com/theprogram_nyc)





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# THE THANKSGIVING LEFTOVERS





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TURKEY  
SALAD**



**CRANBERRY-  
WALNUT  
OATMEAL**



**PUMPKIN-  
SPICE PROTEIN  
SHAKE**

What do you do with a fridge full of turkey, stuffing, sweet potatoes, cranberries, and pumpkin pie? We asked bodybuilder-chef CARLO FILLIPONE, and he turned cold leftovers into these delicious muscle-building meals.

# R FEAST

PHOTOGRAPHS BY TRAVIS RATHBONE



# CRANBERRY-TURKEY SALAD

**SERVES 2**

- 10-12 oz turkey breast, cut into 1-inch cubes  
¼ cup chopped red onion  
¼ cup chopped celery  
¼ cup dried cranberries  
1 tbsp extra-virgin olive oil  
3 tbsp lemon juice

- 1 tbsp Dijon mustard  
Sea salt and pepper, to taste

Place all ingredients in a mixing bowl and combine until they are well distributed. Serve straight up, in a wrap, or on the bread of your choice.

## THE MACROS

**263**  
CALORIES

**30g**  
PROTEIN

**11g**  
CARBS

**10g**  
FAT

## CHEF'S TIP

You don't have to wait for Thanksgiving: Anytime you have leftover chicken or turkey, you can double the recipe for meals all week.







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**CHEF'S TIP**

Since most of the carbs in this dish are fast digesting (white bread), it's best to save it for a post-workout meal.

## STUFFING & TURKEY CASSEROLE

**SERVES 4**

- 1 tbsp olive oil
- 4 cups stuffing
- 1 cup coconut milk
- 2 cups cooked turkey, cut into small cubes or shredded off the bone

- 1) Preheat oven to 350°F.
- 2) Coat a casserole dish with olive oil using a pastry brush. Place all ingredients in a bowl. Mix well and place in the casserole dish. Cover and bake in the oven for 25 to 30 minutes. Serve hot.

**THE MACROS**

<b>514</b> CALORIES	<b>29g</b> PROTEIN	<b>47g</b> CARBS	<b>24g</b> FAT
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## SWEET POTATO MASH

**SERVES 2**

- 10-12 oz sweet potatoes or yams
- $\frac{1}{4}$  cup skim milk
- Sea salt and pepper, to taste
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp chopped thyme

- 1) Peel all the skin off sweet potatoes or yams.

- 2) Blend potatoes with an electric mixer. Slowly add milk. Add salt and pepper.
- 3) Place mixture in a sauce pot over medium heat, stirring often. Heat for 3 to 5 minutes until desired temperature is reached. Place in a serving dish; top with cinnamon and thyme.

**THE MACROS**

<b>137</b> CALORIES	<b>3g</b> PROTEIN	<b>32g</b> CARBS	<b>0g</b> FAT
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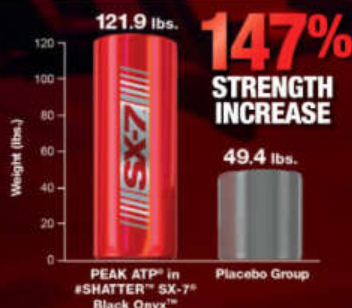
SUPERIOR PERFORMANCE WITH AN ALL-NEW PRE-WORKOUT BREAKTHROUGH

#Shatter™ SX-7® Black Onyx™ has changed pre-workouts forever. It delivers research-backed musclebuilding with scientifically advanced core ingredients in a never-before-seen combination.

- Powerful sensory with a new combination of premium ingredients like *Scutellaria*, satsuma orange, *Myristica* & more
- Featuring patented PEAK ATP® – study subjects built 8.8 lbs. of lean muscle in 12 weeks and increased muscle thickness by 96%
- Subjects increased max bench press strength and boosted their peak power output by 30% as measured by vertical jump tests
- Patented CarnoSyn® beta-alanine helps enhance the muscle- and strength-building process
- Formulated based on research at the University of Tampa
- Research on key ingredients published in *Nutrition & Metabolism* and the *International Journal of Sports Nutrition & Exercise Metabolism*
- Fully disclosed, fully dosed formula with no proprietary blends
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#### STRENGTH INCREASE IN 12 WEEKS (TOTAL STRENGTH ON BENCH, SQUAT & DEADLIFT)



#### EXTREME MUSCLE GAIN



**Icy Rocket Freeze**  
NATURAL AND ARTIFICIAL FLAVOR

**BASED ON RESEARCH FROM  
THE UNIVERSITY OF TAMPA**



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<sup>1</sup>Based on combined SX-7® brand sales at GNC. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

MUSCLETECH.COM



# CRANBERRY-WALNUT OATMEAL

**SERVES 2**

- ½ cup oats
- 1 cup water or skim milk
- 1 pinch salt
- ½ cup cranberry sauce
- ¼ cup chopped walnuts

- 1) Cook oats according to package instructions (either on stove top or in microwave) with water or milk.
- 2) Add salt. Stir cranberry sauce and walnuts into oatmeal. Serve hot.

## THE MACROS

<b>251</b> CALORIES	<b>4g</b> PROTEIN	<b>34g</b> CARBS	<b>11g</b> FAT
------------------------	----------------------	---------------------	-------------------

\*Our macros use water to cook the oats. The macros using skim milk are: 296 calories, 8g protein, 40g carbs, and 11g fat.



## ABOUT THE CHEF

Carlo Fillipone is an IFBB pro bodybuilder and the owner of Elite Lifestyle Cuisine, a service that delivers fresh clean meals right to your door. [elitelifestylecuisine.com](http://elitelifestylecuisine.com)



# PUMPKIN-SPICE PROTEIN SHAKE

**SERVES 1**

- 8 oz water (you may use skim or whole milk instead)
- 40 g vanilla protein powder
- ¼ cup canned pumpkin (you can also use a slice of pumpkin pie, though this will add sugar)
- ½ tsp cinnamon
- ½ tsp nutmeg
- ½ cup ice

Combine all ingredients in a blender. Blend for 45 to 60 seconds, or until smooth. For a thicker shake, add more ice. **M&F**

## THE MACROS

<b>186</b> CALORIES	<b>23g</b> PROTEIN
<b>17g</b> CARBS	<b>4g</b> FAT

\*Our measurements use water and canned pumpkin. The macros using skim milk and pumpkin pie are: 390 calories, 33g protein, 42g carbs, and 10g fat.



# ALWAYS WITHIN REACH

The Animal history is a tale of hard work and uncompromising commitment to excellence spanning four decades. Growing from a small operation in Jersey to the company the best lifters in the world depend on for the tools their goals demand. We're proof that when you apply old school values, the extraordinary becomes tangible. These lessons are what you live every day in the gym. You put your head down and pay dues. And a day at a time, your aspirations become more real. All along the way, Pak is there—providing the foundation upon which you can build something great. In your gym bag, at the training table, Pak remains. Like your dream, always within reach.



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# RIPPED LIKE ROBERT

*M&F* contributor **Robert Irvine**, star of Food Network's *Restaurant: Impossible*, is easily the fittest chef in the world. In his new book, *Fit Fuel*, he shares motivation, training, and a ton of restaurant-quality healthy recipes. The following excerpt offers a look into each section of the book.

BY ROBERT IRVINE /// PHOTOGRAPHS BY IAN SPANIER



## PART I THE MENTAL ASPECTS OF BEING FIT

My morning gym session is as much a part of my daily routine as taking a shower or eating breakfast. It's part of who I am. But as much as I love to work out, I would not categorize myself as obsessed. To me, being fit isn't an end in itself—it's something that empowers the other passions in life, whatever they may be. Being fit means I can

keep up with a travel and filming schedule that would decimate a man in lesser shape yet still have energy left over to put into maintaining quality relationships with my wife and family. You may not travel as much as I do (I'm on the road about 300 days a year), but I'm sure you have comparable stressors in your life—family, job responsibilities, things to fix around the house, etc.—that could open the door to all sorts of unhealthy eating habits and the chronic illnesses that may follow. Being fit helps meet those life challenges.

## BACK IN THE DAY...

When I was 11, I joined the Sea Cadets, which is something like the Boy Scouts, with the difference being that the adult leaders more or less treat you like junior sailors—you go to marine bases and onto warships, physically training as if you were joining the Royal Navy. I attacked the workouts, but being undersized was holding me back. One of the marines (a cook, ironically) noticed this and, in what might have been just a casual gesture of kindness for him, wound up changing my life: He handed me an old copy of *Muscle & Fitness* magazine.

I went home with the magazine held up high and said to my mum and dad, “Oh, look what I’ve got!” They nodded politely, not knowing what the hell I wanted to do with it. We didn’t have any weights, and it wasn’t like there was a local gym in our town back then, either. Even so, I pored over the pages and let it all soak in. I was awed by Arnold Schwarzenegger, wanting desperately to look like him and all the other guys in the magazine.

Before long, I was begging for the Weider weight set I saw advertised in the magazine.

My parents, though, were not affluent. So when faced with my demand

for a weight set—the need for which they didn’t really understand—mum and dad gave me their stock answer: “We’ll try.”

In the meantime, back at school, my phys ed teacher and the school rugby coach, Mr. Rogers, would take us through workouts. I’ll never forget the clang of the iron and the feel of the bar in my hands. It was intoxicating and liberating, the best opportunity I’d had yet to improve myself. My mum took notice, and one day when I got home, the Weider weights were there waiting for me. I’ll never forget how out-of-my-mind elated I was. It was better than Ralphie finally getting the Red Ryder BB gun at the end of *A Christmas Story*. I screamed, “Are you kidding me?!”

After that, my tenacity and stubbornness took on a life of their own. Throughout the day at school, I’d daydream about going home and lifting those weights the way other kids daydream about playing with toys.

When I finally would get home, I’d set the weights up on our patio, flop open a copy of *Muscle & Fitness*, and get to work. I was mere weeks away from looking like Arnold; I just knew it! The fact that I never became a bodybuilder is irrelevant. So many good things in my life came from chasing that image.

## PART II TRAINING

### DAY 1 CHEST

EXERCISE	SETS	REPS
Barbell Bench Press	4	10–12
Incline Dumbbell Press	4	12–15
Pec Flye	4	12–15
Pushup on Barbell	4	12–15
Dumbbell Pullover	4	12–15

Note: The training section of *Fit Fuel* contains a five-day body-part split, plus a beginner’s split, time-saving workouts, and HIIT sessions. This is Day 1, Chest.

## INCLINE DUMBBELL PRESS ▶

### 4 SETS X 12–15 REPS

Set a bench to a 45-degree angle. Lie back with a pair of dumbbells on your knees. “Kick” each dumbbell up to shoulder level, using your knees to assist the weights into the starting position. Push the weights straight up until your elbows are locked out. Lower them slowly to return to the starting position.



**I WAS AWED  
BY ARNOLD  
SCHWARZENEGGER,  
WANTING  
DESPERATELY TO  
LOOK LIKE HIM  
AND ALL THE  
OTHER GUYS IN  
MUSCLE & FITNESS.**







## DUMBBELL PULLOVER ▲

4 SETS X 12-15 REPS

Lie down on a bench with your feet flat on the floor, holding a single heavy dumbbell overhead with both hands. Lower the weight behind your head, allowing it to stretch your pecs, and point the lowest part of your rib cage toward the sky. Contract your pecs and lats as you move the weight back to the starting position.



## BARBELL BENCH PRESS ▲

4 SETS X 10-12 REPS

Squeeze your shoulder blades together, and grasp the bar with a slightly wider than shoulder-width grip, wrapping your thumbs. With the help of a spotter, unrack the bar and lower it under control, contracting your lats throughout the movement. Pushing with your lats, triceps, and pecs, drive the bar back to the starting position.

**QUICK TIP** When done properly, the bench press is a total-body move. The harder you push your feet into the ground, the more power you'll be able to create; you're essentially coiling your body into a spring to create more potential energy, which helps move the bar. Squeeze your legs, abs, and triceps.

## PART III NUTRITION

### PROVENÇAL ROASTED HALIBUT ▶

#### SERVES: 4

For anyone trying to lose weight or stay lean, fish is always a good option. A meaty white fish, halibut is great for fighting cravings. It is simultaneously dense, or “heavy,” yet low in calories and high in protein.

The French Provençal accompaniment of Niçoise olives, garlic, and San Marzano tomatoes (the best plum tomatoes around; use regular plum tomatoes if you can't find them) builds a rich flavor that adds to the satisfying nature of the halibut.

- 1 tbsp grapeseed oil
- 4 halibut fillets, 7 oz each
- Salt and pepper
- 16 San Marzano plum tomatoes, whole, peeled
- 1 large bulb fennel, julienned
- 4 cloves garlic, thinly sliced
- 16 sprigs thyme
- 12 sprigs oregano, roughly chopped
- 4 tsp capers
- 12 baby Yukon Gold potatoes, cooked and sliced
- 32 Niçoise olives, pitted
- ½ bunch parsley, finely chopped

1. Preheat oven to 375°F.
2. Add grapeseed oil to a sauté pan over medium-high heat. Season fish with salt and pepper and sear on both sides until golden brown.
3. Across bottom of a casserole dish, arrange tomatoes, fennel, garlic, thyme, oregano, capers, potatoes, and olives. Place fish on top.
4. Slightly cover fish with vegetables. Ladle olives over fish and place in oven. Allow to cook for 15-20 minutes, or until fish is done and vegetables have slightly caramelized.
5. Take dish out of oven and drain off most of the oil. Garnish with parsley and serve family-style.

#### THE MACROS

<b>599</b>	<b>57g</b>	<b>72g</b>	<b>14g</b>
CALORIES	PROTEIN	CARBS	FAT







## TURKEY BACON QUESADILLA WITH EGGS & AVOCADO SALSA

**SERVES: 4**

Here we use whole-wheat tortillas, turkey bacon, and nonfat cottage cheese to keep calories in check. Ditch the sour cream and mix avocado into the salsa for a tangy topping that'll change the way you think of this Mexican classic.

### FOR THE AVOCADO SALSA:

¼ cup black beans, rinsed  
¼ cup tomatoes, diced  
1 avocado, diced  
¼ cup red onion, diced  
¼ bunch cilantro, chopped  
1 tbsp sherry vinegar  
Juice of ½ lime  
Salt and pepper

### FOR THE QUESADILLAS:

½ cup nonfat cottage cheese  
4 12-inch whole-wheat tortillas  
1 cup low-fat Jack cheese, shredded  
¾ cup turkey bacon, cooked and chopped  
Nonstick, nonfat cooking spray

### FOR THE EGGS:

1 tbsp grapeseed oil  
6 whole eggs  
6 egg whites

### AVOCADO SALSA:

1. Combine all salsa ingredients in a mixing bowl and gently toss together.

### QUESADILLAS:

1. Spread cottage cheese on tortillas. Top with Jack cheese and bacon.  
2. Spray a nonstick pan with cooking spray; fold a tortilla in half and cook it over medium heat until cheese is melted. Repeat for all tortillas.  
3. Heat a nonstick pan over medium heat and add 1 tbsp grapeseed oil.  
4. In a mixing bowl, whisk together whole eggs and egg whites; pour eggs into pan and scramble until cooked through. Season with salt and pepper.  
5. Cut quesadillas in four pieces. Top with salsa, then add scrambled eggs to the side of the plate. **M&F**

### THE MACROS

**563** CALORIES | **41g** PROTEIN | **38g** CARBS | **28g** FAT



### FUEL YOUR LIFE

Robert Irvine's *Fit Fuel*, co-authored by M&F Deputy Editor Matt Tuthill, is available for purchase at [fitfuelbook.com](http://fitfuelbook.com) and Amazon.

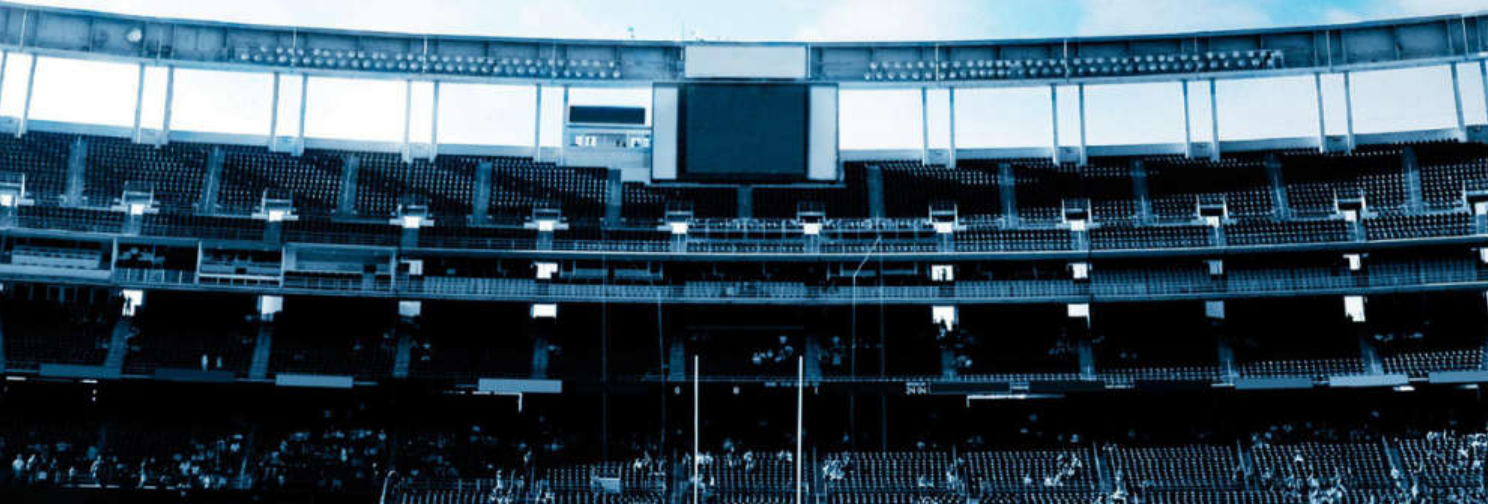


**MUSCLE  
& FITNESS  
PRESENTS**

THE 2015  
**NFL**

# **STRENGTH TEAM**

**THEY ARE WEIGHT-ROOM LEADERS WHO  
TAKE OVER THE GRIDIRON ON SUNDAYS.  
WE OFFER OUR ANNUAL SALUTE TO  
THE BEST OF THE NFL'S FASTEST  
AND STRONGEST.**





## DEFENSE

# J.J. WATT

DE | TEXANS

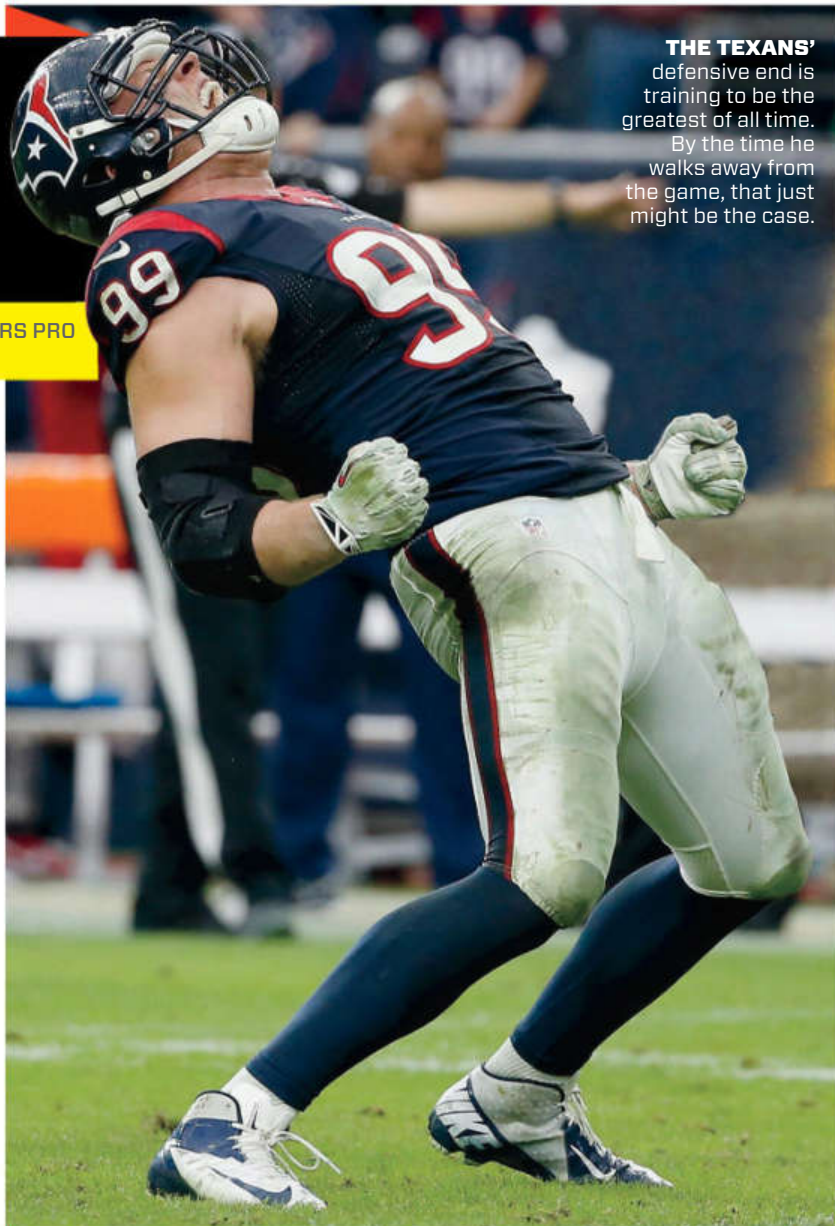
AGE 26 HEIGHT 6'5" WEIGHT 289 LBS YEARS PRO 5

**IF YOU THINK** being on a perennial losing team that can't sort out its quarterback situation is demoralizing, you'd be right—except you'd be wrong when it comes to J.J. Watt, the Texans' All-Pro defensive end who attacks his off-season workouts with the same ferocity he uses to charge an offensive tackle.

"If you're not trying to be the greatest to have ever played the game, then you're wasting your time," Watt told *M&F*.

Watt is a walking embodiment of every dusty old sportswriter cliché about hard work and sportsmanship. He's brutal to go up against but has never been cited for dirty play. In the gym, he chases PRs on the kind of conditioning work most guys just want to skip. While doing box jumps a few years ago, he became obsessed with attempting higher and higher boxes. In April, he topped a staggering 61-inch box.

When HBO featured Watt in the latest season of *Hard Knocks*, it showed him flipping a 1,000-pound tractor, which, two years ago, Watt could flip only once. A year later, he got 30 reps. This past off-season, in separate workouts, he got 51 and 65 reps. "It's all just mental," Watt said. "Create that vision in your head that nobody's going to work harder than you. Then you go out and prove it." —MATT TUTHILL



**THE TEXANS'** defensive end is training to be the greatest of all time.

By the time he walks away from the game, that just might be the case.

## WATT'S UPPER-BODY WORKOUT

Designed by Brad Arnett of NX Level Sports Performance in Waukesha, WI. [nxlevelathletics.com](http://nxlevelathletics.com)

### MAX-EFFORT UPPER BODY

**(1) SHOULDER PACK ROLL:** 2 sets, 10 reps (shoulder blade retraction and shoulder external rotation)

**(2) INCLINE BENCH:** 4 sets, 10 reps (45%), 5 reps (60%), 3 reps (70%), 5 reps (80%)

Speed sets: 3 sets, 5 reps (55%), 2 sets, 5 reps (80%)

(Watt has a 375-400 incline max)

**(3) DUMBBELL FLOOR PRESS:** 4 sets, 8 reps (Watt uses 100- to 150-pound dumbbells)

**(4) FAT-BAR PULLUP:** 3 sets, 10 reps  
Superset w/CHEST-SUPPORTED T-BAR ROW: 3 sets, 12 reps

**(5) CHEST-SUPPORTED T-BAR ROW:** 3 sets, 12 reps

Superset w/STRAIGHT-ARM LAT/SERRATUS PULLDOWN: 3 sets, 10 reps

**(6) TRX ARM CURL:** 3 sets, 12 reps

Superset w/BAND or CABLE EXTERNAL ROTATION: 3 sets, 10 reps

**(7) TEMPO RUN:** Eight 40-yard tempo runs at 75% max speed

## OFFENSE

## ANDREW LUCK

QB | COLTS

AGE 26 | HEIGHT 6'4" | WEIGHT 240 LBS | YEARS PRO 4

## ANDREW LUCK LED

the NFL in touchdown passes in 2014 with 40. Being the NFL's leading scorer not surprisingly has a lot to do with pinpoint accuracy and a meticulous attention to detail. In Luck's case this carries over into his everyday life—which is programmed down to the minute with almost robotic efficiency.

"I start my day with breakfast around 7 a.m., then we'll have meetings for 90 minutes before our team walk-through," says Luck, who was the No. 1 overall draft pick in 2012. "Then, I rotate a one-hour lifting schedule every other day. Following the lift, I eat lunch and take a nap before practice. After practice, I stop by the training room for recovery, eat dinner, go to meetings, and get in bed by 10:30 p.m."

In the gym, Luck makes leg strength a priority and favors deadlifts, split squats, and stepups. The three-time Pro Bowler also works on shoulder strength and mobility with stretches and soft-tissue work.

"I keep track of my lifting numbers to make sure I'm improving, but I don't max out," Luck says. "Weightlifting is imperative to all players, even quarterbacks, because being stronger makes us more resilient to the physical nature of the game."

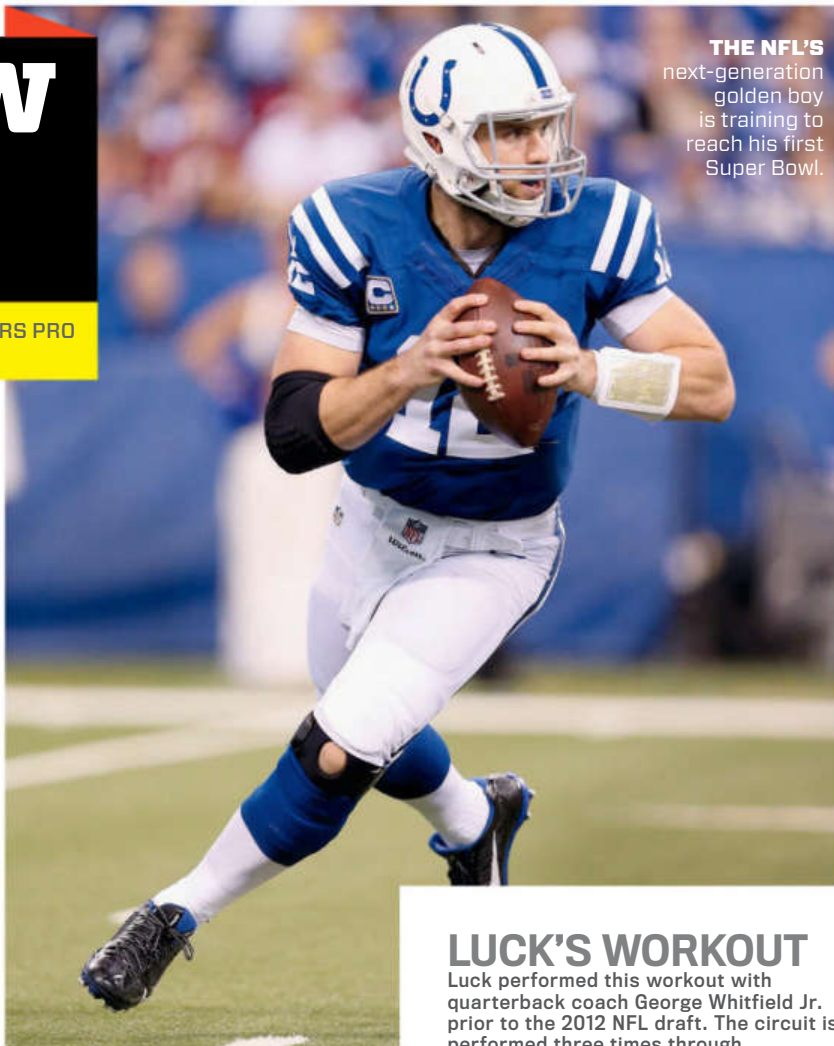
For recovery, Luck says sleep

and nutrition are most important, and he pounds a BodyArmor sports drink with every meal to keep electrolytes up.

As for his goals this year, Luck says, "I'd like to improve my touchdown-to-interception ratio." (He had 16 picks last season.) "I also think improvement in the red zone and third down is crucial."

There are very few certainties in the NFL except this: If you knock down Luck (in the first two games of this year he was knocked down a league-leading 17 times), he'll get back up and make you pay—right after he pats you on the butt and thanks you for it.

—MARK BARROSO



**THE NFL'S**  
next-generation  
golden boy  
is training to  
reach his first  
Super Bowl.

## LUCK'S WORKOUT

Luck performed this workout with quarterback coach George Whitfield Jr. prior to the 2012 NFL draft. The circuit is performed three times through.

EXERCISE	SETS	REPS
(1) Agility Ladder*	8	1
(2) Cross-field Drop Back	1	4
(3) Hurdle Drop**	1	4
CIRCUIT		
(4A) 2nd-floor Throw***	—	4
(4B) Pass Under Pressure****	—	8
(4C) Light Touch Throw	—	15
(5) Kneeling Med Ball Throw	1	30
(6) Standing Med Ball Throw	2	30

\*Four vertical trips, four lateral trips.

\*\*Drop back over four 12-inch hurdles.

\*\*\*Throw over LBs from sideline to sideline.

\*\*\*\*Whitfield Jr. uses brooms as defensive threats.



# DEFENSE

# MARIO WILLIAMS

DE | BUFFALO BILLS

AGE 30 HEIGHT 6'6" WEIGHT 292 LBS YEARS PRO 10

## AFTER A DECADE IN

the NFL, Buffalo Bills defensive end Mario Williams continues to be an opposing quarterback's worst nightmare. The four-time Pro Bowler has started each of the 132 games he's played in and recorded 14½ sacks in 2014, the fourth most in the NFL. Lower-body strength is hugely important for a pass rusher, but Williams pays equal attention to his upper body, building the strength necessary to win battles when he engages with an offensive lineman.

"We never max out, but if we're doing triples, I'll do a 405-pound bench press and 150-pound dumbbell presses for five sets of five reps," Williams says.

Williams calls his training style "intense, rapid fire, and metabolic," designed to increase heart rate by decreasing rest between sets. Some of his favorite circuits include lunges, hang cleans, leg presses, and safety squats.

He credits the competitive nature of the weight room for making calculated gains.

"Typically I train with [line-mate] Manny Lawson, and even on a bad day, if one of us is under the weather, you still have a better workout because we push each other," Williams says. "It's always competitive so we might have done X amount last week, but today we're pumping out more because of the atmosphere."

## BUFFALO BILLS

defensive end Mario Williams is one of the last guys you want to see on the other side of the line.



To keep his motor running smoothly, Williams drinks half of his body weight in Penta purified water every day. During the off-season, the 2006 No. 1 overall draft pick prioritized dropping back into coverage and playing in space so he can make an impact anywhere on the field.

"There are going to be times I rush the passer, but to be unpredictable, you need to make them think you're coming, then drop and cover a route," Williams says. "I'm trying to be disruptive and make plays. Everyone on the roster should feel like a leader. Go out there and prove it."

—MARK BARROSO

## MARIO WILLIAMS' LOWER-BODY WORKOUT

EXERCISE	SETS	REPS
(1A) Hang Clean	4	3
SUPERSET WITH		
(1B) Hip Flexor Stretch	3	20
(2) Safety Squat	5	5
(3) Single-arm DB Bulgarian Split Squat	3	8 (each side)
(4) Dumbbell Shrug	3	10
(5) Kettlebell Single-leg RDL	3	8 (each side)
(6) Dumbbell Hip Thrust*	3	6

\*Hold for five seconds at the top.

MUSCLE  
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PRESENTSTHE 2015  
NFL

THE REST OF THE ROSTER

STRENGTH  
TEAM

## THE STRENGTH TEAM | OFFENSE

**Logan Mankins**  
OG | Bucs

HEIGHT: 6'4"  
WEIGHT: 308 lbs  
NOTE: The 6x Pro Bowler has never missed a game in his 11-year career.

**LeSean McCoy**  
RB | Bills

HEIGHT: 5'11"  
WEIGHT: 208 lbs  
NOTE: Rushed for 1,319 yards in 2014; is a scoring machine with 55 TDs in six years.

**Eddie Lacy**  
RB | Packers

HEIGHT: 5'11"  
WEIGHT: 234 lbs  
NOTE: The bruising back has rumbled for back-to-back 1,000-yard seasons.

**Odell Beckham Jr.**  
WR | Giants

HEIGHT: 5'11"  
WEIGHT: 198 lbs  
NOTE: Has a 38½-inch vertical to go with one-handed catch abilities.

**Dez Bryant**  
WR | Cowboys

HEIGHT: 6'2"  
WEIGHT: 220 lbs  
NOTE: An absolute bully at his position, Bryant led WRs in TDs (16) last year.

**Rob Gronkowski**  
TE | Patriots

HEIGHT: 6'6"  
WEIGHT: 265 lbs  
NOTE: Gronk has the second-most receiving TDs in Pats history.



## THE STRENGTH TEAM | DEFENSE

**Justin Houston**  
LB | Chiefs

HEIGHT: 6'3"  
WEIGHT: 258 lbs  
NOTE: Perfectly blends speed (4.68 in the 40) and strength (30 reps, 225 bench).

**Darrelle Revis**  
CB | Jets

HEIGHT: 5'11"  
WEIGHT: 198 lbs  
NOTE: Regarded as the best at his position, Revis now has a Super Bowl ring, too.

**Patrick Peterson**  
CB | Cardinals

HEIGHT: 6'1"  
WEIGHT: 219 lbs  
NOTE: A perennial Pro Bowler at 25; owns a 4.34 40-yard dash.

**Earl Thomas**  
S | Seahawks

HEIGHT: 5'10"  
WEIGHT: 202 lbs  
NOTE: 97 stops in 2014; is one of the strongest safeties—21 reps in the 225 bench.

**Stephen Paea**  
DE | Redskins

HEIGHT: 6'1"  
WEIGHT: 300 lbs  
NOTE: In 2011 he set the NFL combine record with 49 reps in the 225-pound bench.

**Gerald McCoy**  
DT | Bucs

HEIGHT: 6'4"  
WEIGHT: 300 lbs  
NOTE: When 300 pounds can run a five-second 40-yard dash, get out of the way.



**WEIGHT-ROOM WARRIORS ARE GREAT, BUT IF YOU CAN'T MAKE BIG PLAYS ON THE FIELD EVERY WEEK, THE WORLD'S BIGGEST BENCH PRESS DOESN'T MEAN A THING IN THE NFL. THE FOLLOWING PLAYERS COMBINE THE BEST OF IN-GYM AND ON-FIELD PERFORMANCE AT THEIR POSITIONS.**



**Nick Mangold**  
C | Jets

HEIGHT: 6'4"  
WEIGHT: 307 lbs  
NOTE: The 6x Pro Bowler is a wall at center; he allowed just one sack in 2014.

**Brandon Albert**  
OT | Dolphins

HEIGHT: 6'5"  
WEIGHT: 320 lbs  
NOTE: Cornerstone of a line that's making Lamar Miller a breakout star.

**Tyron Smith**  
OT | Cowboys

HEIGHT: 6'5"  
WEIGHT: 320 lbs  
NOTE: Forget the 225 bench press. Smith can throw up close to 700 pounds.

**Louis Vasquez**  
OG | Broncos

HEIGHT: 6'5"  
WEIGHT: 335 lbs  
NOTE: Started every game for four years; 39 reps at 225; no sacks allowed in 2013.



**Luke Kuechly**  
LB | Panthers

HEIGHT: 6'3"  
WEIGHT: 238 lbs  
NOTE: The NFL's leading tackler in 2014 (153). Once made 24 stops in a single game.

**Elvis Dumervil**  
LB | Ravens

HEIGHT: 5'11"  
WEIGHT: 255 lbs  
NOTE: He, not Ray Lewis, has the most single-season sacks (17) in Ravens history.

**Vontaze Burfict**  
LB | Bengals

HEIGHT: 6'1"  
WEIGHT: 248 lbs  
NOTE: 2013's top playmaker (171 stops) is training for a big comeback.

#### SPECIALISTS

**Dan Bailey**  
K | Cowboys

HEIGHT: 6'  
WEIGHT: 195 lbs  
NOTE: Muscular for a placekicker, Bailey's accurate, too—90% for his career.

**Marquette King**  
P | Raiders

HEIGHT: 6'  
WEIGHT: 195 lbs  
NOTE: King doesn't just hang a punt for five seconds; and he's ripped. **MEF**



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**THE STRAIGHT UP SERIES**

# BACK

**Build a back that's big, strong, and powerful with this heavy-pulling workout**

BY JOE WUEBBEN /// PHOTOGRAPHS BY PER BERNAL /// WORKOUT DESIGNED BY JIM RYNO /// MODEL: SERGI CONSTANCE



## **PENDLAY ROW**

It's essentially a bent-over barbell row from the floor, so keep your back flat and parallel to the floor as you pull the bar up with maximum force. Bend your knees as needed, pull the bar up to your lower sternum, and let it come to a momentary dead stop between each rep.





### **PULLUP WITH WRIST STRAPS**

Take a slightly wider-than-normal grip on the pullup bar; taking some stress off the hand and forearm muscles via the straps should make wide-grip pullups easier. You should be shooting for at least two to three more reps per set than you'd typically do without straps.

## WEIGHTED BACK EXTENSION

The goal once again is to build strength, but err on the lighter side if you're unaccustomed to doing this exercise with any additional load. Keep your lower back safe. Start off with a 10-pound plate, and move up to a 25 only if the dime feels very light.



**MOST GUYS THINK OF TWO** things as they approach their back workouts—width and thickness. Those are fine goals, but don't forget that by focusing on building brute strength and power, you'll have an easier time reaching your size goals. Not only will strength and power help you get bigger, these attributes will also carry over to the big three—the squat, bench, and deadlift.

You'd be hard-pressed to find a back workout oozing more testosterone than the one we present here. It starts with body-weight pullups using wrist straps, which should allow you to squeak out a few more reps to promote hypertrophy. Worried about grip strength taking a backseat with the straps? Don't. Pendlay and heavy dumbbell rows will take care of that. With the Pendlays

(named after renowned Olympic lifting coach Glenn Pendlay), the ability to rip dead weight off the floor requires both strength and power, the latter of which should do well to activate the fast-twitch muscle fibers that are more prone to growth than the slow-twitch (endurance) ones. To finish, there's the weighted back extension to work the spinal erectors—because your back doesn't stop at the lats.



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<sup>1</sup>Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2015





## THE WORKOUT **BACK**

EXERCISE	SETS	REPS	REST
<b>Pullup with Wrist Straps</b>	4	To failure	2-3 min.
<b>Pendlay Row</b>	4	6-8	2 min.
<b>Heavy Dumbbell Row</b>	4	20+ per arm*	2 min.
<b>Weighted Back Extension</b>	3	15	1-2 min.

\*Take each set to absolute failure, aiming for high reps (20 at the very least, but preferably 30 or more). Select a heavy dumbbell but one you can get at least 20 reps with before failure. Do one to two rest-pauses per set to increase rep count.

### **HEAVY DUMBBELL ROW**

The objective here is to go heavy and high-rep. Pick a relatively heavy dumbbell and gut out as many reps as you possibly can. Feel free to utilize rest-pauses to maximize rep count. When you think you're finished, keep going. These should hurt, but in a good way. Brace yourself with your opposite hand only and leave both feet on the ground. This will challenge your core strength. **M&F**



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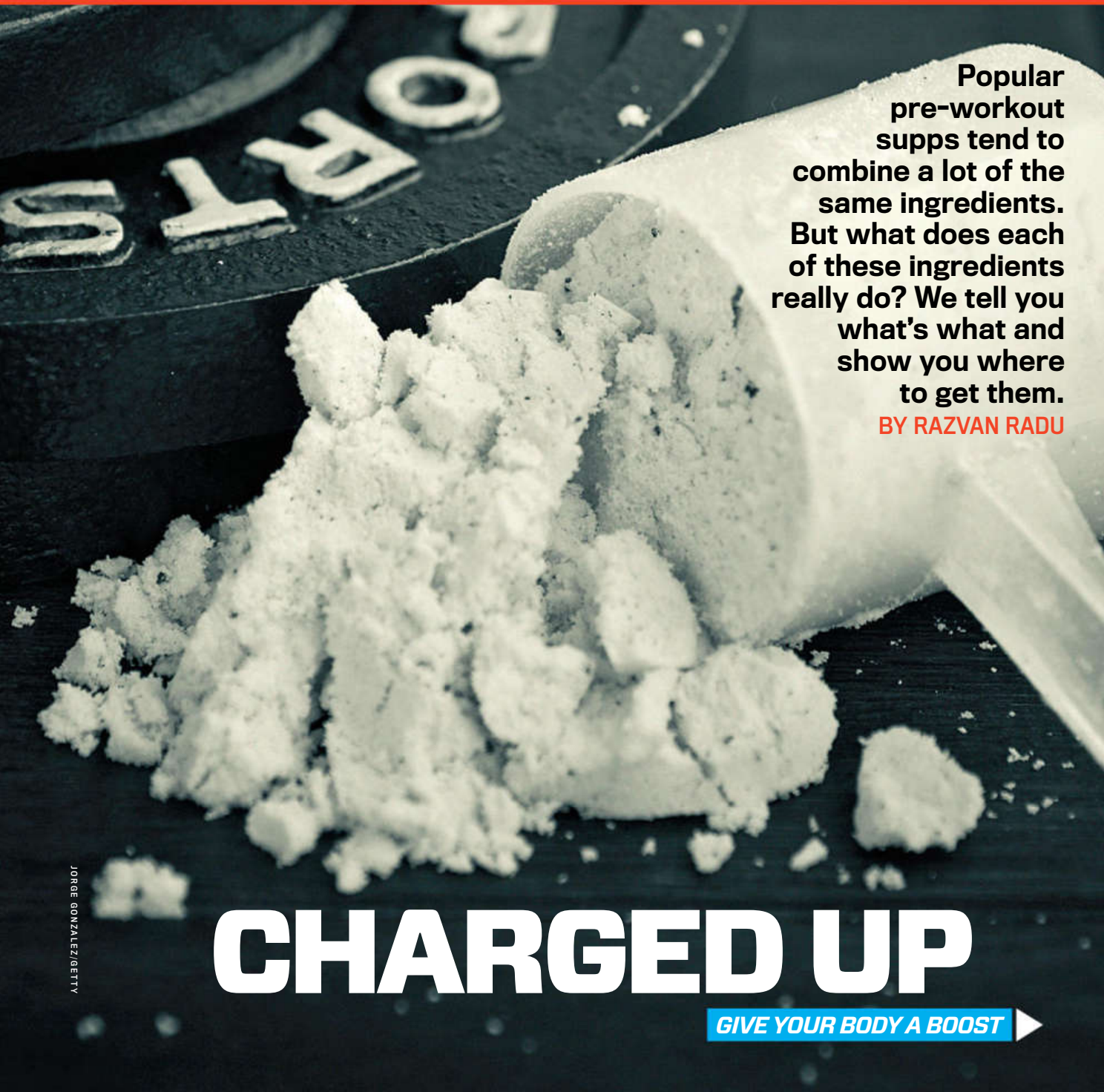
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# SUPPS

THIS MONTH IN SUPPLEMENT NEWS



Popular pre-workout supps tend to combine a lot of the same ingredients. But what does each of these ingredients really do? We tell you what's what and show you where to get them.

BY RAZVAN RADU

## CHARGED UP

GIVE YOUR BODY A BOOST ►

## WHO'S GOT THE GOODS?

This chart breaks down five popular pre-workout products and the main ingredients you'll get from each.



INGREDIENTS	SUPPLEMENTS				
	GAT PMP	Allmax Razor8	BPI Pump HD	MuscleTech Anarchy	APS Mesomorph V2.0
	X	X		X	X
	X	X		X	X
	X		X		X
	X	X		X	X
	X	X			X
	X	X	X	X	
	X	X	X	X	

**CAFFEINE** It's the base ingredient of many pre-workouts because it works. It's been proven effective in boosting physical performance, burning fat, and increasing focus.

**BETA-ALANINE** Helps prevent muscle fatigue by combining with histidine and acting as a buffering agent in the muscle. This leads to the ability to lift longer.

**CITRULLINE** Prevents the formation of ammonia in muscles, reducing fatigue. Also increases nitric oxide (NO) production, which results in bigger pumps and improved blood flow.

**ARGININE** An amino acid that maximizes NO levels in the bloodstream, which dilates blood vessels, not only providing a big pump but also augmenting nutrient delivery.

**AGMATINE SULFATE** Has been shown to expand NO production and mildly stimulate the central nervous system, resulting in a short-term strength gain.

**GLYCEROL** Serves one main function: fluid control. The supplement helps stoke hydration and achieve fullness by drawing more water into muscles and blood vessels.

**THEANINE** This supplement has been proven to simultaneously improve concentration and mental relaxation, allowing you to achieve a mental peak during training.





# Fire It Up

The right blend of fat-burning supplements will stoke your metabolism and put an end to your bulk phase in a hurry. **BY RAZVAN RADU**

## AS THE TIME COMES

to shed the extra pounds we put on during a bulking phase, we find ourselves scouring the shelves for fat burners to make our lives easier. There are certain supplements on the market that

will help you achieve fat loss at a quicker rate, and there are some that will give you a lot of jitters and not much else. Get the most out of your fat loss by adding these ingredients to your supp stack.

## ADD THESE INGREDIENTS TO YOUR FAT BURNER STACK

1

### CAFFEINE

The anhydrous form of caffeine is absorbed quickly; dicaffeine malate's absorption is more delayed. Combining these two forms allows for a prolonged thermogenic effect.

2

### THEACRINE

Theacrine acts as both a stimulant and a thermogenic, helping you feel more alert while burning off extra calories. Moreover, your body won't adapt to theacrine.

3

### HORDENINE

Hordenine is a plant extract known for its metabolism-boosting capabilities, and it's also been shown to help boost the effects of other stimulants such as caffeine and theacrine.

4

### GINGER ROOT CO<sub>2</sub> EXTRACT

Ginger root extract acts as a thermogenic and significantly boosts metabolic rate. It is also a non-stimulant, making it a good pair with supplements such as caffeine.

5

### RAUWOLSCINE

Rauwolscine is a rearranged form of the yohimbe compound you may be familiar with. It functions by shutting down fat storage while increasing the release of fatty acids for energy.

## ALL IN NUTREX LIPO-6 RX

Lipo-6 Rx features an optimally dosed blend of the ingredients listed here plus L-tyrosine and DMAE bitartrate to boost focus and energy while burning fat.



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# What I Owe to Bodybuilding

Building my law office required just as many lessons in the gym as it did in school. **BY RICK COLLINS, J.D., C.S.C.S.**

## THE TROPHIES I WON

in local bodybuilding competitions don't do much except collect dust these days. Like my law-school diploma, they are mementos from a distant past, now fit mostly to sit on the mantel of memory. It's not the trophies that have driven my professional life and career, but the investment that went into winning them.

Bodybuilding made me a better lawyer and a more successful businessman. The lessons of hardcore training have spilled over into everything I've done. I owe the bulk of the rewards of my legal career to bodybuilding, and I dedicated back to bodybuilding the bulk of my legal career,

defending and serving the bodybuilding community.

Whatever your line of work or career path, you've got an advantage over all the others who never struggled through a dropset or a forced rep that seemed to never end or felt the sweet, rubbery weakness of descending stairs after leg day. That's because bodybuilding is about forgoing temporary fixes to achieve a greater goal. Somewhere toward the end of a heavy set, you'll want to drop the dumbbells or throw the bar back on the rack.

But you won't. You know that today's pain and tomorrow's muscle soreness won't pay dividends until months or years from now. But you'll dig deep and keep going.

In a society where instant gratification is the norm, the discipline that comes from being a bodybuilder is the rarest commodity. I invested this same dedication and sacrifice into building a law practice. I've got no regrets, and neither will you. The tools forged from hard training will serve you always. Flex them well wherever your path takes you.



**RICK COLLINS** is the lawyer whom members of the bodybuilding community and nutritional-supplement industry turn to when they need legal help or representation. [rickcollins.com](http://rickcollins.com)

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